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START YOUR CHILD RIGHT

WILLIAM LEE HOWARD, M.D.

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Start Your Child Right

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Confidential Advice to
Parents and Teachers

By
WILLIAM LEE HOWARD, M. D.

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Preface

THOSE who have knowledge and do not share it, never fully possess it. Every book should have a reason for its appeal to the public. This one has been written because the writer knows that there are thousands of mothers, wives and daughters who need the information here given. More; they are eager for the guidance the following pages attempt to outline.

How do I know this? Because during the past five years I have been in receipt of countless letters from mothers, wives and young women, asking for plain words about right living, sex hygiene and the great venereal peril which overshadows the land.

The appeals, the questions and doubts have been too many to answer by personal letters, even if the information craved could be imparted in such letters.

The question most frequently put to me by thousands of mothers is that vital one: "How shall I proceed to instruct my little girl concerning matters she should know? How tell her things myself? Oh! if I only knew how to commence."

Then there is the boy. How many mothers tremble at his questions only to find out too late that he has learned the wrong things from evil sources.

This is not a book for the medical profession. For them we say: Hands off! Here are simple words explaining portentous and vital facts for the non-medical people of the land. If it appears childish to you of biological lore and laboratory papers, remember it is just because of your attitude that the mothers and wives have been floundering in a maze of uncertainty; in a bewildering hodge-podge of what is and what is not.

Just because you have not seen the sociological need of plain words nor the barrier that lies between the people and the scientists, you have neglected these silent and longing appeals for facts that would reach the heart and understanding of worried mothers and wives.

Any medical man, who has been connected with journals which reach millions of homes, knows the longing in these homes for correct information in such terms as will be understandable, inoffensive and do only good when found in books on the family table. For even a child when started right will see no wrong nor have morbid curiosity aroused when simple truths are presented in the proper spirit and with carefully chosen words.

In this book I say just what I think the reader wants and should know. I try to translate medical terms into plain, every-day words. I try to put tabooed facts into acceptable form. The whole idea running through these pages is that nothing given us by God is shameful or to be ignored, but to be studied and rightfully used. I wish to impress upon my readers that the sexual instinct is the basis of *all* life, vegetable or animal; that its possession is the completement of man—that its power and force is a God-given gift and meant to be used as God intended.

Its possession is the badge of manhood and womanhood; its absence is a shameful state. In these two states lies all the difference between completeness and incompleteness. Its control or its suppression through normal mental government is one of the highest attainments of man. Here, more marked than in any other trait, lies the differentiation between the soul-possessed man and the mere animal.

I desire to thank the editors of *The Ladies' Home Journal*, *The Housekeeper*, *The Circle*, *American Magazine*, *Pearson's and the Saturday Evening Post*, for permission to use a few statements I have made in contributions to their periodicals.

WILLIAM LEE HOWARD, M. D.

"Mossfell," Westboro, Mass., June, 1910.

Contents

I.	Before Adolescence . . .	11
II.	How and When Shall I Tell My Child?	24
III.	Some of the Evils of Ignorance	37
IV.	Sex Hygiene	45
V.	The Boy	69
VI.	The Black Plague . . .	92
VII.	Corrupting Environments . .	114
VIII.	Why Girls Should be Taught the Effects of Alcohol .	120
IX.	How Children Are Made Drunkards	129

Start Your Child Right

I

BEFORE ADOLESCENCE

THE highest aim of the physician to-day is to prevent disease. Physical diseases are being studied in the laboratory and at the bedside. Mothers are taught the hygiene of the bedroom and teachers some useful facts about the teeth and eyes. The women teachers in the mixed high schools attempt to give their disinterested scholars academic fancies regarding the physiologic action of a glass of beer, meanwhile oblivious to the adolescent's silent appeals for some true statements concerning the laws of nature.

We need a new code of ethics of the sexes. A science of sex is necessary to a proper understanding of Christian sexual ethics. We can mature a perfect ethics of the sexes amid moral innocence, but not amid physiologic ignorance.

The present unfortunate and antisocial conditions have been brought about by the orthodox moralist who has been afraid of nature's

truths and who persistently ignores vital facts. These negative individuals have too long labored under the erroneous idea that the influence of some vague intelligence or a mythical mentor will instruct the young girl in all of nature's laws and impress on her the consequences of disregarding these laws.

As puberty silently and insidiously arouses the girl to introspection, as vague and sometimes uncontrollable sexual desire forces her along a trail of imaginative queries, she seeks in vain for truth which she scarce dares to own to herself that she was conscious of and understood. Innocent of any wrong feeling, her soft and womanly emotions are ignored by her mother, her teacher and her married sisters, and either through harmful floundering in her unaided development or more often through baneful tales of a sexual hysteric she learns that every living man and beast is the product of sexual gratification. This knowledge coming to her by muddy and contaminated channels cannot but defile her thoughts and she goes out into the world without realizing the great truth that sexual gratification is not sensual gratification. A distinction that she should early learn.

At this age of tremendous significance to the young girl she is left to wonder, and is denied her birthright to know herself. If she is in

the hands of that antisocial being, the psychically unsexed woman, she receives no sympathy, no womanly advice or instruction, and either breaks away from such unnatural environment and succumbs to a powerful impulse which she has not been taught to control and guard as woman's greatest blessing, or becomes one of those many unfortunate cases, a psychic and hysterical woman, always restless, complaining, useless and ending her career as "a nervous wreck."

The truth is denied the girl at the time her mind and body are opening their wonderful blossoms to receive it. At this period of her life she has misty longings that fill her heart to overflowing, like the young "Greek girls who were wont to worship Aphrodite, offering themselves as gifts at the holy places in that the goddess might be glorified in them and they be participants in the highest happiness of woman, the joys of motherhood."

But the bestial seems to have won a victory over the divine in parents, teachers and philosophers, for the holy ideas of Venus Urania have been supplanted by those of the animal of Venus Vulgivaga.

Thousands of young American girls are on the road to invalidism through want of knowledge of sex hygiene and misdirected sexual development. Irregularities of monthly periods, pains,

restlessness, inability to apply their minds to woman's work, inflammations, teasing thoughts and morbid impulses are what the wide-awake physician sees daily.

Why are parents to blame in this vital matter to our social state? Why is it that a mother allows a fifteen-year-old daughter, whose whole attitude, eyes, lips, breath, demonstrates the smouldering sexual volcano, to attend the theatre with young acquaintances, often physical virgins but mental prostitutes; and listen, yes, become absorbed in wrong suggestions? Who is to blame if in a few months this child goes wrong and becomes a social outcast? Why does the White Slave traffic flourish? Why the increase of divorce? Why are the public and private hospitals filled with broken-down women and girls?

Because prudery has been mistaken for innocence; ignorance of sex life has been considered essential in the training of our parents who have in their ignorance handed down this fatal idea to their children who are living in a social state vastly different from that which existed when their mothers were schoolgirls.

Last winter one of Japan's greatest educators, Baron Dairoku Kikuchi, said in an interview: "One of the first things we teach our young women is the value of chastity; this we teach thoroughly, emphatically, practically. I be-

lieve," he added, "that even the word is not mentioned to your schoolgirls."

If I had been asked when in Japan what were the principal things taught our schoolgirls, I should have replied: "Everything, except those things they should know. All facts relating to sex hygiene and health of our young women are carefully avoided where they are most needed—in the public schools."

Life to-day is one whirl of activities, mental, social and financial. All this has put the nervous mechanism of man and woman on a tense strain. The indirect effect of this life is demonstrated by sexual activity, hence the immediate need of instruction in controlling and guiding this activity. We must adjust our educational ideas to the changing conditions. We have in all other matters, but this one important subject has been allowed to remain untouched.

The majority of American parents do not properly estimate the great factor underlying the basis of physical and moral health—sexual activity. Evil books are read, wrong suggestions are received from older girls, theatrical performances and newspaper accounts of sexual crimes are daily in the hands of both adolescent boys and girls. These stimulating and injurious suggestions did not exist in the days of our mothers and grandmothers—the girls of to-day

are sexually precocious; they should be well instructed in vital facts.

Apparently teachers and parents do not understand the necessity of early guidance of sexual forces into mental and physical channels, nor the fact that explosions of sexual energy take many queer forms. To protect the adolescent from the fearful results of early sexual indulgence, instruction in physiology and statements of practical facts must go along gradually with the development of mental and physical growth. This necessary instruction can only be given by those who are manly or womanly cognizant of sex differentiation, of the pitfalls and whirlpools into which the slightest sexual variant may be drawn, and of the sensual pictures teasing the plastic thoughts of the adolescent.

What we need to do is to throw around the girl such an armor of practical knowledge of herself and of nature's laws that she will be invulnerable to the wiles, lies and seductive promises of a certain class of men and their advertisements. We should see that she has such knowledge of herself that her health will be perfect; that her development will go along in its natural manner without worry or suffering accompanying it; that she is not to ignore her sexual organs but to care for them as she would her most precious gift; for God gave

them to woman for a beautiful purpose—to enable her to become a mother; neglect of them is to insult the Giver.

A man or woman who sees anything harmful, unsavory or immodest in stating the truth to young people—the laws of nature—belongs to that puritanical period which has been so productive of hypocrisy and ill health. How can we protect a girl from falling into sexual errors or actual physical suffering or dangerous tampering with a natural desire, if knowledge of her sex laws is left for her to define and relief of her psychic explosions left to her?

There are masses of facts concerning this question of the protection of the innocent that never can find place in mere statistical tables. These facts are well known to those who have been brought into confidential relations with young girls and women; who have been able to follow them from luxurious homes to the dark, opprobrious dens of shame; who have carried them in ambulance or private carriage and auto from grewsome holes to the hospital wards, and watched the innocent and ignorant schoolgirl gradually merging into a state of neurasthenia because the mother denied the very existence of that passion by which she was able to give birth to this daughter.

Those of us who have had this experience should speak to the public with authority and

not in a tampering manner or a "leave it to God" attitude. Some opinions of social conditions are not so much compromised by ignorance as by lack of moral courage, or, what is baser, a commercial spirit; the fear of losing the patronage of the church or of smug but wealthy patients. It is so easy to acquiesce complacently in the mother's idea that the minister or priest can inhibit by prayer and admonition the greatest physiologic function given to man; a God-given power—sexual activity.

I have interviewed girls and women in cities throughout the world; I have had confidential relations with all classes of outcasts and demi-outcasts; I am cognizant of many innocent downfalls of schoolgirls and feel confident that many of all these classes could have been saved from a detestable life of shame and disease had they been instructed early in sexual hygiene as well as in physiologic laws.

I make a special point of sexual hygiene because many girls first become awakened to sensual feelings through the itching and irritation produced by the secretions of physiologic economy, thus insidiously falling into evil habits. Then follows rapidly erotic ideas, morbid curiosity, secretiveness, salacious reading and all the other psychic disturbances known to the student of morbid mental con-

ditions. If such unfortunate girls had been taught the necessity of keeping every organ of the body clean, as they had been to care for their ears and teeth, many would never have had an abnormal or unnatural imagination.

The ignorant girl of normal physiologic attributes is always in danger through lack of knowledge of those laws which it is the duty of every mother to explain. And these laws the girl must have thoroughly explained before it is too late. Here is one example of many, oh! how many! that have come under my personal observation. It will give an insight to my meaning.

I had a lawyer under my professional care. His wife was childless and gloried in the fact. She had dabbled so much in matters not belonging to her sex that she seemed to lack all sense of sex differentiation. Unfortunately she had charge of an orphan niece; had taken her as a child. At this time the girl was fifteen years of age but in physical development and mind was a full grown woman. But the wife of the lawyer did not recognize any change in a girl's development, that is, no change that needed care or watchfulness—oh, yes, there are unfortunately such harmful beings constantly around us. I had several confidential talks with the lawyer about this girl going constantly to matinées with women of careless

habits and young men and warned him of the danger the girl was in. He thoroughly understood that she needed mental quietude, proper instruction in sexual matters and a real woman's care and watchfulness. He tried to get his wife to understand and appreciate the conditions, but she would not listen; she was too busily engaged in her political movements. This female would not admit the existence of sexual passion in a good woman, and said that M—— was an innocent child and that she, his wife, would never listen to the "nasty" advice of the doctor.

Well, it is only another chapter in my book of human documents. The wife became angry with her husband and myself. One evening about a month after Mrs. B—— had refused to listen to me, I entered the house and found the young girl alone and in a state of sexual excitement. I was not surprised. Instead of such care and instruction as would enable her to suppress and guard this passion, everything had been allowed that would feed this physiologic and psychic upheaval. At this time she should have been kept quiet in the house wearing only light and loose clothing and on a light diet. Instead she had gone that afternoon to a suggestive theatrical performance and taken a glass of champagne with her designing companions.

Then she was totally ignorant of her nature, of her body, of the care of her organs. Upon this latter subject she had never had a word, and helpless and alone the fire of undisciplined activities was allowed to smoulder and finally burst into uncontrollable desires.

I at once sent for a good nurse who was not burdened with ignorance or false modesty; neither was she ashamed of the activities of her sex. Both doctor and nurse had to leave the house without seeing the girl. What followed is only one way with these untaught girls. The pent-up and uncontrolled sexual fires were fanned by an all night reading of a French sex novel. In the morning the passion broke out into uncontrollable fury and at eleven o'clock she kept an appointment with one of her male companions of the day before.

So down she fell and at nineteen is a byword for all that is immoral. Since then she has repeatedly told me that if she had been properly watched, advised and had had plainly explained to her what her teasing and restless nature was due to and had she had instruction in sex hygiene, known how to keep her organs free from exciting and irritating substances, she would to-day be a pure girl.

All women, teachers and guardians who have under their charge young girls should be carefully selected. Those who will not shake off

prurient prudery and hypocrisy and teach vital and plain facts, should be put aside and their charges given over to womenly women and those endowed with normal physiologic instincts whose sympathy and truthfulness will redound to the future purity and health of the girl.

I know of three girls, not one of whom was over seventeen years of age—one was fifteen—attending a normal school, who were pregnant the same year; their first year at this mixed school. They were from the country and had been sent away from home without the slightest advice concerning sexual matters. One of these girls did try to ask her mother questions but was turned away with the ordinary platitudes of the moral coward. The farcical side of this hypocrisy and deception is seen when we bear in mind that these girls were to be turned out as teachers of the young. These cases are only examples of the ruin of young girls through the criminal neglect of parents.

It has been the general attitude of a certain kind of moralists and superficial observers to say that no girl was ignorant of what she was doing; that she should have had "moral courage"; that no decent minded girl would think of vile actions, etc., *ad nauseam*. This class of library moralists confound innocence with ignorance and are blind to the tremendous sexual force in

many natures. With the false ideas and ignorance of nature's ways, as well as parental silence and denials displayed daily in homes, it is not strange that so many girls give way to an unguided impulse, but strange that more do not fall, for, remember, *it is not innocence that saves a girl, but ignorance that ruins her.*

There are thousands of girls who, while not innocent, are ignorant of the primal laws of nature. Many have tried to get the information their adolescent longings crave; many have striven to seek out the mystery after having been snubbed or denied by their own mothers. If the opportune moment arrives—and it generally does—the girl falls into the evil seductiveness of some vicious minded woman, the seeds of false sexual education are sown and their spumy growth forever crowds out the tender tie between mother and daughter, and as the mother dissembled, so will the daughter lie.

II

HOW AND WHEN SHALL I TELL MY CHILD?

EVERYTHING in nature develops by gradual growth. Nothing that is to last and fulfill its mission of reproduction is forced.

It is so with your child's body growth and understanding. As the rose-bush grows you constantly place the soil around it, train it and bring it to full bloom. Should you try to pile all the soil at once around the growing slip, thinking that would release you from further care, your rose-bush would not flourish.

The child must be mentally and morally developed by the same slow and careful method. While its school lessons are looked after by the teacher, you, as a parent, must teach it those things it is bound to know. It is its birthright to have a complete knowledge of its own body and the laws of nature. It is necessary for the child's future health and morals that it should know how to keep the delicate and important organs of the body always in such a condition that they will develop to their utmost usefulness without any morbid impression concerning

these organs being made upon the child's thoughts. Such a condition is the badge of perfect health; of a normal development.

We are now considering the girl. No set age can be placed, for children vary much in precociousness and physiologic growth—that is, in sex development.

But this fact can be stated: your child commences to think and wonder much earlier than you realize. Her little mind is puzzled about matters that should never be allowed to remain mysteries to her. Mystery calls for curiosity; curiosity for investigation, and this latter attitude leads to much harm. She gets beyond you before you know it. Unfortunately she will hear at the public schools many things that she ought not to hear; because these are not truths but nasty tales. If she has your full and complete confidence, she will commence to hint, to ask side questions for some time. Often she will put questions point-blank to you. Frequently a little girl of seven years will tell you that "Mary Smith has a new baby sister." Then she will ask you how the babies come.

Now be careful in your answer; the question is frequently a feeler. She has heard more than you realize. Unfortunately under our false method of mixing racial types and the sexes in the public schools, the beautiful nursery myths of the stork and the doctor's bag cannot with

safety be any longer told the merest child. She has heard more than you realize. Some of the older girls, perhaps one or two of her same age in years but of a race which develops three or four years in advance of the pure American type, have been whispering; perhaps Mary Smith, ten years old, has the secret which she tells with all her morbid imagination.

You are astonished at the statement of such ages? You would not be if you had the doctor's experience of seeing girls of fourteen, yes, in certain races, at thirteen years of age, come to the hospital and give birth to poor little weaklings! Just in this neglect to realize the early advent of curiosity has much harm and misery arisen.

If you evade the questions your child sweetly puts to you, you cause the first feeling of loss of confidence the boy or girl has heretofore placed in you. This has been the starting point of the wide gulf too often now seen between daughters and mothers. If you dissemble to your child when she is seven she is liable to lie to you when she is seventeen. I purposely repeat this axiom.

You should never wait until her curiosity has been stimulated beyond her understanding or instruction.

Talk to the child in few and simple words about flowers. Show her how the little buds

are flower babies. Point out to her that the big, rosy hued flowers are probably father flowers, and the lighter tinted ones the mother flowers. If you feel interested and have the patience—which all good mothers have—I advise you to get some simple book on botany that especially deals with the sex of flowers and how the male seed is carried to the female receptacle.

As you talk to your daughter from day to day lay stress *on the sex characteristics of the flowers.* Let her know that there are boy buds and girl buds. Show her that if you bruise or hurt a bud it will fade and later on die. That unless it has the best of care it is a useless bud; it can never grow large enough to be a mother of little buds.

Now the next year you can continue the object lessons and explain that the fine yellow dust is the seed from the male flower. That this is either deposited by bees and insects, or by the wind, in the female flower. These flowers are now married and the mother flower will send out into the world little buds which will grow to be men and women flowers and they will produce buds. Don't bother the child with any botanical names or details. Just stick to the sex difference and the holy beauty of reproduction.

The whole object of this line of teaching is

to bring the child to gradually look upon nature as a wonderful and beautiful thing—the thing of *life*. The process will interest her, the sex idea will merge into a reverence for God and His wonderful methods. This reverence for the truth and beauty of all changes in life and how it is continued is one of the greatest protectors you can throw around the child which later on becomes an invulnerable armor against morbid fancies and evil thoughts.

As the child develops you can proceed along higher sex planes. Take up the little birds and chickens next. Explain how the hen has eggs in her when she is full grown. These eggs are for the little chickens to grow in until they are large enough to pick their way out of the shell. Let the child understand that the hen will lay eggs when there is no father or husband around them; but these eggs have not been given life, so that even if put under the hen no little chicks would come out. This is an important matter to thoroughly explain as it paves the way to understanding when you explain that a grown woman also has her eggs but which pass off unless given the life principle by the husband. Explain that every little chick has a tiny bulb on the end of its sharp bill which is there for the purpose of breaking the shell. If the sharp point of the little bill was allowed to remain uncovered it would prick

the chick in the shell; neither would the needle end be able to break the shell. It would only put a tiny hole in the shell and this would not let the chick out. Explain that this bulb is really the chicken doctor who helps the little one into the world. Again her interest will be aroused and reverence strengthened if the child is told that the little bulb stays on for a day or so to keep the little chicken from eating as soon as it is born. For with this tiny ball on the end of its bill it cannot pick up anything to eat; if it did before it became used to the world it would bend its tiny bill or else choke itself to death. When it is old enough to eat this little ball drops off and then the mother hen teaches her little one to pick up food.

These small aside matters interest the child and make it receptive for other but most important information.

Let the child understand that the little chicks are not formed when the egg is laid, but after three weeks of lying warmed beneath the body of the mother hen they gradually grow from a little live spot into the chick.

Now go back to the flowers and repeat all you have told your child about the yellow dust being laid in the female flower. Carefully show her that in animals the seeds are held in a fluid in a sack inside of the father—the male. When the mother hen wants little babies the

father puts his seed into her where it meets the seed of the female—the mother. Now nature —that wonderful evidence of God's power— protects the seed by forming a shell around it so that no harm can come to it. When ready to be warmed so the chick can grow the mama hen lays it in a nest and sitting on it waits three weeks for the loving "cheep, cheep" beneath her. Then when the fluffy little ones stick their wondering eyes from out her wings how proud she is, and how proud is the strutting, gossiping, crowing father.

Go through the same process of leading up to the *great* point by showing that about the same thing occurs in *all* animals that lay eggs—the turtle, the alligator. Then explain how the fishes come up the rivers where the waters are warm and quiet and deposit their eggs over which the male places his seed. Let her understand that frog "spittle" are the eggs of the female frog which has been given the seed of life by the male frog, the big bullfrog who makes such a noise at night. After the father frog has put his life seed into the mother frog she lays the eggs in still and warm water to hatch. From these eggs come out the funny little poly-wogs which, after they lose their tails, become boy frogs and girl frogs.

All these methods of instruction must be accompanied with insistence upon the holiness

of reproduction and the sex necessity. That without this way of bringing babies of all kinds into the world there would be no living thing in the world.

An important factor in this true method of teaching the child the laws of God is that the teacher should have a practical knowledge of all these laws, for the child is bound to ask questions which will suddenly spring into its mind, and any hesitancy, any doubt thrown upon the knowledge assumed to be possessed by the teacher, is ruinous to any further influence. So we see here the absolute necessity of parents being the instructors, and being well prepared to give this instruction. Every mother and father should commence educating themselves in sex laws and details of reproduction before their first child is born. Any attempt at proper instruction by young women and maidenly ladies is a farce—it is more, it is a fatal commencement, for certain questions being evaded or evidence being shown of inability to answer direct enquiries, forever turns the child away from right knowledge.

Not for one instant must there be refusal or hesitancy to answer indirect and sometimes leading questions. Never show by look or word that there is *anything* in the whole process of reproduction which must wait for future times or the marriage state. *Never*, if you

wish to bring the girl to a thorough understanding that shall be a pure and holy understanding.

Questions *will* come before you are ready; but you must be able to meet them; meet them boldly, sincerely and earnestly. Only by this attitude can you keep the girl from going elsewhere and learning those things that are not holy or normal. If she goes elsewhere than to her mother, morbid fancies supplant beautiful truths; introspection takes the place of self-confidence, and when the vital time comes into your daughter's life she steps from the path of light into that awful road of darkness.

As she reaches about the age of twelve years, in some cases earlier, be always on the lookout for a sudden jump in her feelings. You must now explain to her the highest form of reproduction. Now is the time to return to the hen and her chickens. I know it will be hard for you of American training, *but it is your duty.* Don't wait for her to reach fourteen or fifteen years of age. In this custom of postponement much harm has been done, for the girl of ten even is ready to hear the commencement of the beautiful facts of life.

A woman, tell her, lays an egg in *her* nest at certain periods. This woman's nest is the womb. Here, as in the hen, the egg stays to be ready to receive the seed from man. This only occurs

in good women when they are married. When the egg has received the male seed, like the hen's egg, it is surrounded by a shell. But this shell is soft and must remain in the mother's nest, the womb, for nine months, while the babe in it grows big enough to be born. Impress upon the girl that such a holy state is one of the greatest, yes, the greatest gift God can give a woman; He makes her the medium of *His* work, places responsibility on her which it is her sacred duty to see is never misplaced. To good women God gives sweet, healthy children, and their future lies in the hands of this mother. Any neglect, moral or physical, in their early education is a direct refusal to acknowledge *His* gift.

So far you have led the child up and along a comprehensive road to understanding without once rousing morbid curiosity, only reverent wonder. The relation of the sexes is now seen by her to rest upon pure and necessary grounds. Pure because they are God's laws and exist throughout all nature; necessary because she can see that only by these laws does the world keep populated.

No shock can come to her now by some sudden revelation of her schoolmates; those harmful girls unfortunately surrounding your child if she attends a public school where the races and sexes are mixed.

Your daughter *knows* now. If the instruction has been followed in the spirit I have tried to stimulate, all other questions hereafter will be put to *you*. You have your daughter fast in your confidence and this makes for purity, health and love.

A case illustrating the great danger of keeping the girl ignorant—understand me, I mean *ignorant*, not innocent—came to my personal knowledge just after I finished writing the above chapter.

On the outskirts of Boston is a small town which is practically a private park. That is, the citizens are all wealthy, are members of well-known Massachusetts families. Through marriage and birth they are all more or less related. There are no shops, factories or any industries in the village, just the necessary butcher, grocer and baker. The girls and boys are all of one class. There is a very select private school for girls and a separate one for boys; and as should be in all towns and cities, these schools are widely apart.

Mrs. B——, a woman of early middle age, has one daughter of thirteen years of age. This girl on account of delicate health when she was a child is not as advanced in her studies as most girls of her age, consequently she has been associated with children much younger. Her mother is one of the thousands of mothers

in this country who confuse ignorance of sexual matters with innocence, and whose early puritanical training has made her a moral coward —that is, she has feared to instruct her child in matters of vital importance, kept her as a babe, shielded her from all knowledge of self and life.

The child had great love for dolls, constantly wishing they were "real babies." Such a girl has the soul of a pure, power-making woman, yet she just escaped by the mere accident of fortunate headache, which on this nearly fatal day afflicted her mother. For the mother was to go to Boston for the day, but on account of the headache remained at home.

Upon returning from school at noon the daughter went up to her mother's room and gleefully told her: "I'm to get a real, live baby, mama, to play with—won't it be nice? Oh! how I'll love my real baby!"

We will not go into any description of the mother's shock and wonder, at her fright when she heard her child's story, except to say that her headache left her at once; but her heart-ache!

This is the simple tale—not an unusual one to the doctor: she was to meet a boy that very afternoon and to be initiated into knowledge, if it could be called that, beyond her altogether. The boy was fifteen years of age. Her inno-

cence and artlessness are seen in her naïvely adding, "I am so glad that you did not go to Boston, so that I could tell you."

So was the frightened mother.

The sad part of this true tale is the fact that I was called to treat a hysterical girl just budding into womanhood. She was a nervous wreck. Shame, the shock of being told all at once things that should have come to her gradually and naturally, had done its work, and the effect will probably last throughout life; for at this critical period in the girl's development sexual shocks and the sudden knowledge of what might have happened leave mental scars that years do not efface.

III

SOME OF THE EVILS OF IGNORANCE

IT is always the same question that is put to me by the scores of young women and girls that I have been asked to attend: "Doctor, why didn't my parents tell me? Why did they not teach me these things?" And generally follows the heart-cry: "All this might so easily have been spared them and me if I had only known some things; if they had only told me!"

Let me explain by a story or two—only few of many, God knows! They may seem exceptional to the lay reader, but they are not at all exceptional to the physician!

A girl of nineteen, of excellent family, had enjoyed all the advantages of refined environments and an education along lines that enabled her to understand language and literature but not nature or man. At the vital point in her physical development she was mentally shunted on to poetry and music, but nothing was said to her of her own natural being.

All knowledge of self, all information that should go along with developing years was denied her. When she was fourteen years of

age, just budding into womanhood, she was sent, after the winter holidays, to a boarding-school. Family conditions were such that there was no one who could accompany her, but her journey was comparatively short and deemed safe. What happened upon that journey let the young girl herself tell:

"Remember, doctor, I had tried in many ways to learn something from my mother. A girl friend gave me a book to read, but when my mother found me reading it she took it and hid it. She said that it was not for little girls. I was absolutely ignorant. I had a few ideas and considerable imagination. I did not ask my mother anything after she told me never to think of such things. She said there was time enough when I married.

"The train was snow-bound at a little country village, and the conductor told us that we would have to remain there all night. A woman on the train saw how timid and frightened I was, and, attracted to her manner that at that time I thought was motherly, I put myself in her charge. We went to the village hotel, where we occupied the same bed. And there, from that woman, from a stranger to whom I gave misplaced confidence, I learned what I thought was the real truth. I learned lies from her, doctor, instead of the truth from my mother. I took those untruths and an awful habit to school

with me, and thinking I knew what my mother would not tell me I kept the matter to myself.

"When I was about to marry, my mother said she wanted to tell me some things. But I told her it was not necessary, that I knew all. She replied that she was glad. 'I knew,' she said, 'it would all come to you *some way*.' Some way, doctor. Some way! think of it! It did, yes, it did. Divorced and disgraced!"

At nineteen years of age this girl is a mental wreck, a moral derelict. And why? Because her parents would not tell her what every girl should know from her parents; for if not from her parents, from whom, pray?

Sitting and staring upright in a little white cot in a hospital is a wild-eyed girl of fifteen. She is isolated from all the other patients, for night and day there shriek forth from those innocent lips vile words and cries of fright. This is not the place to explain these peculiar psychologic cases.

Be it understood that before the attack of acute mania seized this child she was pure in thoughts and words—was, in fact, in absolute ignorance of bad thoughts or their meaning.

One day the child complained to the mother of feeling weak, her head ached, she was nervous. For days this state went on. She went into a state of lassitude, and, the mother seeing her

child sitting silent and thoughtful, ever wistful for a mother's talk, what did the mother do? Like hundreds of thousands of American mothers; *nothing.* She put the child's half asked questions aside and told her she was suffering from spring malaria. Questions that were aroused in that child's adolescent mind had to be answered by her imagination, or else she had to seek the answers from older and less well bred girls. Instead of leading her along the wonderful life-path strewn with the beauties of truth and nature she allowed her child to wallow in the ways of untruths and morbidity.

Ignorant of the real truth concerning her condition this girl went to school daily. The cowardly feeling was ever present with the mother; she was *so* young and innocent; she mustn't know *just yet.* Not "just yet"; what fatal words these have proved in the case of many a poor girl.

On a certain day the child stood painfully at the blackboard; her back ached, her limbs trembled, her male teacher ignorantly harassed and embarrassed her for more speed. All of a sudden, that day, at the blackboard the shock came. And she was dressed all in white; criminally short skirts. Some of the boys at first laughed. She was carried home screaming with fear and shame. She never could

face the teacher and boys again. Weeks of delirium followed. The young girl, if she ever recovers, will be a nervous wreck.

It was simply a case of "not yet."

One day a mother cried out to me in anguish, almost crazed by her shock: "Do something, doctor. Oh, do something! For God's sake do *something* for her. My husband will go crazy if he finds this out. I don't know what he will do. He told me to tell Mamie about life. He has asked me many times if I were doing so. I lied to him. Oh, I couldn't tell her—how could I, doctor? She is a mere child; I just couldn't tell her. How could she be like those girls my husband tells about? Can nothing be done? Can't you do something for her? Think, think, doctor; think!"

Think! I thought fast enough, but not as she thought!

"Let me take Mamie aside," I finally said, "and hear her story."

Innocently, naïvely, this girl of fourteen told me her story. It was an old one to me. She had been so carefully denied all sex truths, all facts regarding life, that she believed what older girls told her and what boys suggested. You see she attended a public high school where all kinds of boys and girls mingle.

One day she came home from school and repeated to her mother what she had heard.

Her mother denied the truth of the statements, and told her to pay no attention to such tales. It was not long before she kept from her mother such knowledge as she received. She thought her mother ignorant of present conditions, and in her childish way pitied her. Childish amours were hidden; she was only doing what the other girls did, and its secretiveness and novelty made it her romance. And the pictures, the stories that were given her, what else could they do but excite uncontrolled and uninformed impulses?

Once she asked her mother about some advertisements in a newspaper and was soundly rebuked for "reading such vile stuff."

Repulsed at every point when seeking information, seeing that her mother was either blind or indifferent to her anxious enquiries, what was the girl to do? Talk with other girls, naturally! And she did! And she sank. At fourteen, mind you, you mothers!

And the father? God pity him! The knowledge of his daughter's ruin caused him to start on a period of dissipation. The married pair were divorced. And the girl? One of the thousands we find on the street.

I had occasion to spend a few days at a patient's house in the country. There was a daughter of the house, aged twelve years. She was the picture of health and girlish innocence.

However, I noticed a womanly development in action and figure, and, more than that, I soon discovered that she was by no means innocent. Carefully I advised the mother regarding the instruction necessary to save the girl. But the advice was unheeded; in fact, I was dismissed as a physician, and for the time being lost a valuable patient.

Two years after this episode the mother came to me to ask me to see what was the matter with the daughter, but she carefully avoided any reference to our former talk.

I went to see the girl. "Poor mama!" she said to me. "What a blow it will be to her when she knows. And yet how easily she could have spared herself and me all this! Why, doctor, when her last baby was born, my little brother, she had the nurse tell me that the doctor brought him in his satchel. I didn't laugh at her. How could I? No, mama would never tell me anything; she said that I was not old enough, that all would come in time. I stopped asking her and thought that if anything were wrong or dangerous she would have told me.

"And so, doctor, I believed—I believed him when he told me all little girls learned in this way."

When the mother learned the truth about her daughter I had her on my hands too as a

sad patient, and to-day she is broken in health and mind.

"How easily she could have spared herself and me," as the ruined daughter said.

IV

SEX HYGIENE

MANY a girl is started on a career of invalidism from the want of thorough cleanliness. You have carefully seen that all through her growing years from babyhood to maidenhood, the child's skin, teeth, ears and bowels have been kept from accumulating natural filth.

I say natural filth because there are constantly oozing from pores, intestines and other active organs, dead cells which must be cleaned away to make room for new cells.

Now, in the external sex organs there is a very active secretion constantly bathing the parts. If this is allowed to accumulate there comes an itching, a conscious irritation which troubles the ignorant and innocent girl. When this is allowed to remain it becomes partly absorbed by the delicate membranes and this absorption produces constitutional effects. Now follow those distressing signs of headaches, discomfort, irritation at the slightest annoyance, disobedience, willfulness and lack of attention to studies or advice. It often leads to

self-abuse by touching and handling the irritating parts. At first innocently practiced, it finally emerges, as the child approaches puberty, into morbid thoughts and wrong ideas. These latter grow into sensual mental pictures, and from this on, the way downward is a simple slide.

Tight fitting underwear, constipation—the curse of American girls—all help the conditions, and unless this state is at once corrected we have a developing invalid—a nervous tyrant and sexual hysteric.

The habit of self-abuse in little girls generally grows out of the fact that their little organs are kept irritated by the accumulation of material just under and between the lips of the external sex parts.

As a baby boy you must pull back *his* covering and wash the gland. Do this daily; just as you wash his little ears and toes. If you cannot easily pull back the gland call in your family doctor; he will correct the trouble. Circumcision is very valuable in all these cases if you have not a responsible nurse to attend to this matter of washing, or if you cannot do it yourself. When the boy is large enough to attend to this matter himself it will be done with the same unconcern that he attends to his other parts. He will have no curiosity, no irritation, and is safe from one of the causes of self-abuse.

The sexual organs in the girl—the external parts—should have the same attention and the same care that the teeth and ears do. Commencing when the girl is a babe you should wash with a soft sponge or cloth the external organs. By doing this in the same unconcerned manner I have mentioned regarding the boy, no morbid attention is aroused as the girl develops; and when she reaches the age of puberty she will attend to this necessary duty in the same harmless attitude as she does other details.

In the matter of constipation I only wish to offer a warning. Accumulation of fetid material in the lower bowel is the cause of much irritation in the adjoining parts. See to it that there never remains any material in the lower bowels.

The best method of preventing this is to have the child drink a glassful of water *before* breakfast. Not occasionally, but *every* morning. Drugs are seldom necessary. If used frequently they will do much harm. Fruit, especially pears fresh or preserved, are frequently needed and always beneficial. Often a mild saline water—a wine-glass full—is a good thing to give. Apenta water is a good thing to keep on hand and is to be taken before breakfast instead of the fresh water—once a week in obstinate cases.

American girls and women do not drink enough water; *don't forget this fact;* this ac-

counts for many distressing complaints in later life.

After each menstrual period the external parts should be washed with warm water and pure soap. Castile soap is excellent for this purpose. *Never* should the sex organs or even the body be washed in cold water during the menstrual period. This may seem useless advice to some, but I know that to many it is necessary advice.

Let your daughter understand that during the period she should remain quiet and avoid *all* exercise. That if she values her future health, if she wishes to be a happy wife and joyous mother instead of a woman cast off by a husband who cannot understand a complaining and unwilling wife, she should strictly adhere to the above advice.

How many married women do you think are living unhappily or divorced because when in the first stages of puberty they went to dances, school receptions, theatres ; or ashamed to back out of a promised tennis match, played at a time when their wombs were delicate and engorged organs ?

Many, many, as the physician knows to his sorrow !

Alas, many girls do exercise at a time when there is great risk of distorting or displacing the womb, so that in wifehood they suffer the

tortures of the damned! Those torturing instruments, the pessaries, are often the secret medals won by girls who entered into athletic games while menstruating.

I find one of the great stumbling-blocks in trying to follow this advice is the excuse that the girl's brother, or boy playmates, will laugh or tease her if she refuses to play the promised game or go to the dance.

Right here is another important step that you mothers must take. In the same spirit that you have taught your daughter must you instruct your son. Let *him* understand the delicate period through which his sister is going. Show him the necessity for careful words, kind attention and brotherly protection. Surely, if his sister was ill from some other cause you would explain and caution the boy. You would have him step lightly, speak softly and understandingly.

And you, mothers, must know that the same reasons exist, while the daughter is developing her womanhood, for this brotherly care. The boy will appreciate the state of affairs and care for his sister; all he needs is careful instruction. And you must give this instruction. Much misery, mental pain and chagrin have been caused the suffering girl just because the teasing on the part of the brother and his companions was due to total ignorance.

"Oh, come along, Kate; you're afraid to play the game! Oh, what's the matter? You always have a headache! Come on! Let's go skating; it'll do you good," and many other such taunts reach the sensitive and suffering girl. Unless she has been *commanded* and given the reasons for the command, she goes skating, and when she reaches the age of thirty years she goes to the doctor.

Few girls should be allowed to go to school and stand up during the menstrual period. Especially true is this when she attends a school where girls—young women—and youths are mixed. She should be where freedom is to be had to sit down or go home as her condition warrants; where the *woman* teacher can see and understand.

One day I was hurrying to catch a train. Just as I turned a corner of one of the fashionable shopping streets I noticed a young woman—a schoolgirl—staggering. I reached her as she dropped limp and senseless into the gutter. Her arms were full of books and papers. It was late in the afternoon. Cars and automobiles went clanging and whizzing past, the crowd surging up and down.

I picked up the girl and carried her into the office of a big shop. Here were a number of women, and one in particular seemed to have an instant idea of what the trouble was.

The girl groaned, and when she recovered consciousness was much embarrassed and inclined to be hysterical. However, when she found I was a physician and also that there was a woman beside her, she quieted sufficiently for us to get her address.

The matronly woman turned to me and said: "Doctor, such conditions are not unusual with us here—this state of affairs is an outrage. What are mothers and school-teachers thinking about? This girl should not have been allowed to have gone to school to-day; no, not for several days. This forcing an innocent girl on the road to the hospital is outrageous. Why, here she is with wet feet, thin shoes and silk stockings; wet skirts and dressed like a woman going to an afternoon tea. In the South—yes, I'm from Virginia—we watch and care for our girls. We know when to keep them at home, and they know when to keep quiet. The idea of sending a young woman to remain all day under the eyes of some man teacher who does not even know his own physiology, let alone that of adolescent girls! Why, this may mean ruin to the girl—ill health for life. Then think of the shock! Found unconscious on the street and picked up by a stranger. Think of the great shock to her sensitive mind! It's awful, just awful!"

The good woman was right.

What are many of the causes of marital discontent, of divorces, of insanity? The physical unfitness of the average American girl who has been brought up in the public schools—the mixed high schools. This little incident—big for the future of the victim—I have mentioned, is only one of many which ultimately bring about a deplorable and avoidable state that later on in life calls for the surgeon.

I took that shivering girl home while she was trying to suppress her cries of pain and shame. Is it not a wretched homily upon our system of trying to educate the future mothers when these girls are ashamed of their full physiologic growth?

I found the mother of the girl to be in very comfortable circumstances—in fact, well off. I was not very gentle in my remarks to her. But before I left the house I made her promise to take the daughter away from the mixed high school and send her among women who would attend to her bodily necessities as well as to her mental.

Didn't the mother know that her daughter should not have gone to school that morning? No; such matters had never been mentioned. Never told her daughter? No, not a word. Oh, she couldn't. She had never been allowed, when *she* went to the high school, to admit such a state. *Her* mother had never told her.

Didn't her teachers notice when a girl should remain at home—needed care and advice? No; such things must never be mentioned. It was not the teacher's business; we had to keep up our marks. Two or three days a month would put us back. Then the boys would smile and giggle at us when we returned. Then again, we would have to get permission from the superintendent, to give our reasons; no girl would do that.

"You are right, doctor; I am not a well woman; I have been for a long time in the hands of my physician—he says it is the time of my life."

"Bosh! Tommyrot! It is due to the time of your life when you neglected yourself as a developing girl. No wonder your husband is cross and blames you. At your age—forty-six—you should be in a position to have nature move along in its regular channels without making you an invalid."

A woman who has taken care of herself when a girl and assisted nature to carry out its functions, should be able to go through puberty, full adult period and pass over the change of life without being in the hands of any physician. Half of the doctors and all the cursed patent compounds and "medicines" would go out of existence if the American girl were properly taught her own physiology, hygienic

laws of sex function and control of natural impulses.

There is one other matter which all mothers should carefully see to. This is painful menstruation. In the normal woman or girl menstruation should not be accompanied with pain. I don't refer to the general lassitude, slight indisposition, but real, severe pain. If your daughter suffers such pain then see your family physician. It is probably caused by the same defect that causes suppressed menstruation. By this I mean the girl has *never* had a complete and normal period. Too many think that it is due to lack of blood, or "catching cold." If the girl has *never* had a complete menstrual period, just a little sign, there is some obstruction to the outlet. Let this go on and the banked blood remains packed and hardened in the vagina or womb. This is followed by backache, headaches, loss of appetite and a general "run down" constitution. The reason this blood cannot come away is because the hymen —the tissue that covers the entrance to the vagina and makes the difference between the virgin and the married woman—*is completely closed.* Now nature never intended that it should be *completely* closed; a little, or several, openings are left for the monthly blood to pass out. If it cannot pass out of course it remains in the vagina as a foreign substance

and ultimately causes much suffering and injury.

But how am I to tell, doctor, whether it is a lack of blood or a cold that has suppressed my daughter's period?

Easily. If your daughter has had two or three normal periods, then they cease it means some disturbance with her health. Overstudy, overexcitement, overexercise—of which I shall have something to say later on—or perhaps "catching cold" at one of the school dances at a time when she should have been in the house resting. For you can see that if there was an obstruction to the outlet, she would not have had the *first* period. Just here many girls have been started upon a career of invalidism. The mother has thought her daughter late in developing, the girl herself only knows that at times she feels restless, suffers some pain, "growing pains of the womb" the mother and her friends say, and generally becomes irritable. If the age and other conditions warn the mother that the time has arrived for her daughter, and it does not come around, then look for the obstruction.

Take her to your family physician. In a second, without pain or bleeding, except the coming away of the packed blood, a little opening can be made in the hymen. In doing so you are simply assisting nature and you still

leave the girl with all her virginal attributes intact.

I beg of you mothers to remember this important and often neglected fact.

Another important fact—How many mothers know that an attack of mumps will sometimes leave both the girl and youth *sterile* for life? I mean so affect the sexual organs that parentage is an impossibility. This is a serious matter; and there is no use complaining about race suicide until this matter and venereal diseases are thoroughly understood by the public.

In either the youth or girl mumps from puberty onwards may result in the total destruction of the reproductive powers. The swelling may go on in the girl to her breasts then descend to her delicate ovaries. In the boy it may attack his developing testicles. In both cases it causes an inflammation of these organs of reproduction, and if neglected or the danger unknown, results in their total uselessness as vital forces. Many a girl has gone to her husband a sterile woman unknown to herself. Many a man has put himself out of existence when he found that he was unsexed—and all this misery because these important matters have been neglected in the education of our mothers and fathers.

But there is really no cause for alarm if the parents understand this fact, because by calling

in at once the doctor he can watch and control the progress of the disease; but even he sometimes is helpless. But never treat a case of mumps as a simple child's disease, one "he has to go through with." If so, it *will* go through him or her to the deplorable results I have stated.

Hundreds of worried mothers ask me: "Doctor, what form of physical exercise shall my daughter pursue? I feel that my daughter is being injured by her basket-ball games." Other mothers will tell me that their girls are training like their brothers, or a girl of fifteen years of age complains of pains in her back, and then you find the cause is due to trying to make a record in pole jumping under the advice of her athletic instructor, or, more probably, instructress.

Public education to be of any value must first attend to the physical well being of the children. This does not mean that playgrounds, gymnastics, military drill or outdoor sports are sufficient. These latter are very important factors, but worse than useless when unintelligently directed.

There is woeful lack of knowledge on the part of teachers of morbid psychic troubles in the adolescents, of physical abnormalities which can be readily detected by examination and easily corrected, of sex hygiene, of injurious habits in both boys and *girls*.

When a girl is fidgeting on her seat, when she has fits of angry outbursts and demonstrates moods varying from sweetness to indiscretion, what does the average teacher do? Tries by pedagogic rules to correct what is in reality a physical outbreak which the adolescent cannot control. It is a teasing physiologic condition, a welling of psychic impulses. Under these conditions the scholar is blamed, and she knows she cannot help it. She cannot; that is, unaided.

The mother is blind, or ashamed to ask questions, and the doctor does not see the child for a length of time necessary to study or understand the case. He has no opportunity to get the full confidence of the timid girl.

We have gone daft on specialism; the old time family physician no longer has a child to watch from birth to puberty—more's the pity! Many times the physician has been so effectually snubbed by the mother when he has hinted of need of close observation of the daughter, that he gives up in disgust. And when the girl becomes ruined whose fault is it?

No public high school record is clear of these stories; if the teachers do not know this fact, the physician does. I could take up pages of this book in reciting cases. Just let me give you one example coming from a layman: At a dinner given on March 18, 1909, at

the California Club, Los Angeles, when the subject was, "How Shall We Cherish and Protect American Young Womanhood?" Dean McCormack of the Episcopal Church in Los Angeles said: "I believe that co-education in the high schools is a mistake; that the familiarity of the sexes which surrounds the association of boys and girls is oftentimes productive of much harm." He noted the fact that it had been reported to him by physicians that in the Pasadena high schools there were six pregnancies during the last year. Dr. Laura A. C. Hughes in a newspaper interview stated why she sought election to the Boston school committee. She said: "My platform is my desire to help correct the very bad moral conditions that at present prevail in the public schools. I think the moral conditions in the public schools are *extremely* bad. I want to be elected because I think as a woman doctor I could help remedy these conditions, since the women teachers would tell me things that they would never tell to any man."

Such arguments, and they could be multiplied, are surely strong reasons for the segregation of the sexes in educational matters. These are hard facts for the public to know, but nevertheless the public could not or would not correct them until they have become matters of general recognition.

Mothers, ask your sons in full confidence if

you want some horrible truths—necessary truths for you all to know. Your sons can tell you—most of them will.

After segregation of the sexes in the schools we can proceed along proper educational lines to develop the best in the girls—and the boys. Not otherwise.

In the respect of training along the rules of physiologic development, of teaching *true* physiology and sex hygiene, we have a matter that is far more important for the high schools to take up than its function as a mind trainer.

The physician well knows that the majority of American high school girls are physically not fit to struggle with the cares of wifehood and maternity. They have not been given that proper hygienic—sex hygiene—training which establishes a foundation for a life of physical well being.

I am a strong advocate of physical exercise for girls and young women, but strictly along sex lines. I have seen much abuse and injury from misdirected physical exercise among girls.

Woman is physiologically other than man, and no proper education can change her, but false education can pervert her, and misdirected physical exercise can injure her beyond recovery. Woman was born to carry out her rôle in life—motherhood. Her bones, muscles and attachments are adapted for this purpose. In her

own sphere she is strongly provided with strength and endurance; when she attempts to adapt her anatomy for man's physical work and sports, she is injuring herself for life's work.

Boys from fourteen years to eighteen years of age are practically a physiological unit. There is, of course, among them all the different phases of growth and character during adolescence, but they can all practically be placed on the same line in physical exercise.

It is vastly different with the adolescent girl. In a class of one hundred whose ages vary from fifteen to eighteen years of age, will be found those who need the careful observation and advice of the physician, and others who require plenty of exercise to submerge an excessive psychic energy which if not directed into physical channels will result in ruinous or immoral excesses.

In private schools for girls all these facts are recognized; here each girl is treated and studied as a unit and the best results obtained.

It is unfortunate that in some of the women's colleges and high schools there exists a class of teachers who are apparently ashamed of their sex and will not acknowledge that woman is different from man. These injurious teachers say a girl should try vaulting, high jumping, sprinting, and broad jumping, and make an ef-

fort to reach the record of man. These forms of exercise are dangerous and injurious to the growing girl; especially to the American girl. The operating table tells us many a sad story; and the husband asks: "Why, how did it happen?"

"Broad jumping, or hurdling while at school. Or perhaps dancing for hours when she should have been in bed." No matter which, the womb has been almost upside down for years; of course it cannot hold anything.

Many of these would-be athletes think they have only temporarily injured their nervous systems. It all comes out when the strain of maternity and marital duties presses upon them.

If teachers could be properly instructed—and unless we can tear off this dense coat of false modesty they never can—that there are many disturbances which, though they act primarily on the physiologic functions, yet exert their direct effect on the psychic activities, especially those which govern the reproductive instincts, this matter of physical exercise for girls would have a thorough overhauling.

Girls should do no physical work except walking and swimming for the first two years after the approach of puberty. This statement may sound radical to those who do not understand, but it is founded upon the experience of all able medical men.

Probably the best form of exercise for girls is swimming. Walking is a normal, body developing exercise. But the upright posture if long kept up is liable to have a bad effect upon the internal organs—that is, upon the reproductive organs. So let the walking be regular but interrupted by periods of short rests. Fencing is excellent for the fully developed woman but inadvisable for the girl.

Cold shower baths or sponge baths will be of great benefit to most girls and women, but not unless there is a pleasant glow on the skin immediately after and a physical and mental feeling of exuberance.

Most girls who are free from organic troubles can derive the benefits from cold baths by commencing in the summer and keeping them up through the winter. She will soon look forward to her morning bath with pleasure. These baths will keep the skin fresh, harden the flesh, keep down superfluous fat and also put on fat on the too thin girl. These cold baths also promote the flow of blood to the internal organs, a very necessary item in the health of women. Of course what has been said about the avoidance of cold water during the menstrual flow must not be forgotten.

Any form of exercise that causes undue nervous excitement, such as personal contests or basket-ball games between rival schools,

is too great a strain on the developing nervous system; for in the girl every organ and tissue is trying to get adapted to the new life, and this will never bloom with all its rightful beauty and strength if deprived of one minute's growth of nerve power. Reserved nerve force is the great physical capital for the girl to store up for her day of drawing on this principal.

The unavoidable nervous excitement accompanying contests where personal or team efforts are strained to win from rivals, takes force and activity from growing nerve cells, and the result will be a riotous rebellion in some part of the girl's physiologic functions. It may be delayed until later life, but it will come, for nature never forgives robbery or insult.

When your child becomes fretful, inattentive and cannot sleep at night don't think that the cause is overstudy—unless you have good evidence that such is the case. Look to her strain of some coming physical contest. Stop her exercise, see that all nervous strain is avoided; see that she sleeps, eats, rests. But don't under any circumstances give her medicines or drugs, or allow her to drink those poisonous "harmless drinks" so universally sold at drug stores and soda fountains. Don't allow her to take a "harmless tonic" as I have seen a lot of girls taking after a basket-ball contest. It is safe for me to make the state-

ment that *all* these propriety "tonics" contain deadly drugs, morphine, cocaine—keep away from all drinks that advertise the extract of cocoa leaves—chloral, bromides. Spring water or lemonade that you have made yourself should be the limit. You cannot conceive the number of morphine and cocaine victims throughout the land who were started on their gutter career by these "harmless" drinks.

The desire to emulate young men in the more violent forms of exercise—as is done in more than one woman's college—should be suppressed, and intelligently so. Those teachers who refuse to acknowledge that there is a vast difference between the sexes, and the great one during adolescence, should be dismissed from school management. What we need on all the school boards are parents and physicians instead of politicians and prudish pedagogues. It is to be deplored that such teachers are not uncommon, and unfortunate is the young woman who is forced to work under one of these anti-social individuals.

I have had this fact poignantly placed before me in my capacity as medical adviser, and have seen nervous wrecks that were the result of forcing a finely strung, sensitive and nervous girl to *daily* perform gymnastic feats because it was the ambition of the instructor to build muscle instead of developing a woman.

The confession of sex illness or indisposition is the last thing a sensitive girl will make. Especially is this so when her instructor happens to be a man, or there are boys in her class; and painfully struggling she goes on spending more nervous energy than she can afford. The result is that the girl seldom has any reserve force, soon draws upon her physical capital and ends as one of those most pitiable subjects, a highly nervous girl and later on a hysterical woman.

There is a period when nature wants to surround the young woman with all that is physically beneficial, and rest is most important if she wishes to store up energy for the time when the strain of her real life comes.

The following letter tells its own moral. I give it in the exact words and expression.

"Dear Dr. Howard: I am nineteen. Weigh ninety-four pounds. Have always been very nervous. When I was eleven I strained myself playing ball with my brothers. It caused a slight curvature of the spine and female trouble. For quite a while afterward I drew my knees up to my chest at night. My mother took me out of school for a year. She just told me that it was because my face jerked. I had gone down a great deal in my standings at school. I returned to school at twelve. My

mother never told me what I ought to have been told. At the grammar school I became very popular with the older boys. I remember that I had queer thoughts, and after being with the boys I would come home all excitement. My monthly came on after my first month at school—twelve. If I just walked a few blocks it would bring it on in the middle of the month. Sometimes I had to sit in school that way, as walking to school brought it on. I could not get my lessons, and again fell behind. I got better after a while, but how I did, I do not know, for all the help I could get was from my own thinking. Mother once told me that everything would be all right, that not to think of it; that if I did not ask questions the thing would not trouble me. So I didn't ask; how could I? I now see that what I heard and learned from the older girls did me harm. I suppose you know how one or two bad girls can talk and show around pictures. Finally I went to the high school. I tried to get out of gym work, but the teacher said that gym work was just what I needed. I was so tired after gym that my legs shook when I walked home, but I kept it up all winter thinking that it would do me good. Then if you don't do gym work you know the boys sniggle and you are pointed out as a sick girl. I haven't been able to walk very much

since. I had to leave the high school on account of my eyes. I know that my glasses fit me for I went to the best oculist. Then in the morning after I have had a good sleep I can see very well without the glasses, but about noon I am almost sightless.

"Last summer I met a physician who said that I needed immediate treatment, that my womb was turned upside down, or that something was wrong with it; I had told him what I have been telling you. He said that my eyesight and all my nervousness were caused by womb trouble. That this started when I was ten or eleven; that at that time I should have been treated as a young woman, kept from playing with boys, at home, and any exercise positively not allowed. By this time my mother is a nervous wreck—through troubles of her own—and for a year or so I have had no one to tell things. But mother *never* would talk to me about my feelings. I have grown steadily weaker all over and my monthly didn't come on for ten months. Anything I do makes me tired. My back aches low down if I walk or do much of anything. My head has a queer feeling in it all the time lately. Tonics do not seem to do me any good. I am so tired of not being able to do anything and have missed all the good times a girl ought to have."

Why comment?

V

THE BOY

DON S. GATES, secretary of boys' work in the Y. M. C. A., Boston, speaking at the annual meeting to parents this year, said: "We have many mothers come to us with tears in their eyes, because their boys have lost confidence in them; he doesn't tell them the secrets he used to, he doesn't tell them what happened during the day. We can't tell the reason to mothers. The difficulty, as a rule, is because she has deceived him, or the *father* has deceived him. He has asked an honest question, she has refused to answer. I think that is one of the most serious problems of to-day, how to get the father and mother near the boy.

"I wish, I pray, that parents here, the members of our churches, will see that boys are taught sacred truths in the home and then I think we will have fewer broken-hearted mothers."

"We can't tell the reason to mothers," says Mr. Gates. We *can;* I am trying in this book to do so. It should have been done long ago.

The instruction of the boy in the facts of

life; reproduction, the full knowledge of sexual differences, the facts of pregnancy, the conditions surrounding the female's periods—both animal and woman—should be taught the boy along the same lines I have drawn in the chapter upon this subject. These facts should be taught the boy by his mother, and if there is a little sister also to be taught, the lessons should be together. All matters relating to the boy, life and sex matters, should be presented plainly by the mother until the boy reaches about thirteen years of age. Now here is a very important detail; the neglect of which has indeed broken many a mother's heart. It is in considering that after the boy reaches puberty, sexual matters and conditions surrounding every youth should not be mentioned. It seems to me that throughout the country there has been that ruinous conventional attitude that women, even *mothers*, must pose as absolutely ignorant of facts that a boy of ten knows. Consequently the mother assumes a state of ignorance when her son asks her direct questions; saying, "You must ask your father, Harry; I know nothing about those horrid things." Now you know why mothers so soon lose their boys' confidence.

The mother does know; if not, she is not fit to be a mother, and if she does know and denies the fact to her son—well, then, what is she?

I do not mean to imply that a good mother should know such details as a father can give his boy, but she should know enough, and generally does, to let her son see that she is doing her best to enlighten him, and that in his mother's attitude there is no deception, prudery, or denials of truths evident to her boy. When the father is talking to his son the mother should often be present listening and learning. She should show by her whole attitude her interest in the subjects that her boy wants full knowledge about. If she does this, then she will never become one of the broken-hearted mothers because their sons keep all their private matters to themselves—or more frequently, tell those whom they should not. Then, if the son is left fatherless, he has a father, mother and chum in one—his *mother*.

At about thirteen years of age the father should take up the lessons that he best can teach, the mother remaining, as I have said, to hear enough to keep her son's confidence.

There are for instance the losses at night without or with vivid sensual dreams. Now a boy will listen to his father's explanation of this normal outlet with a little more confidence than he would to his mother's. While only a boy, still the instincts of a man are already making themselves known, and he feels that information from one who has been through the

growth of sexual development is laid upon a good foundation. It is just the same with the girl when the monthly periods are explained to her by a mother.

What the father must implant upon his son's mind is that these "nocturnal emissions" are natural, are not injurious, come to every full-grown youth and are an evidence of manhood. Explain that such emissions are not *losses*, but simply the emptying of an overloaded sack. When the liver becomes overcharged with bile it throws the excess off; all glands secrete, and nature sees that the excess is carried off.

Impress upon the youth that *all* the stories of "Lost Manhood" advertisements are simply audacious lies put out to catch the money of frightened and ignorant men. Tell him that the reason such exist to prey upon the unfortunate young men, scare them into illness and nervous fright, is because the public have not been informed upon these matters, because mothers and many fathers have left their sons to be falsely led by these mendacious charlatans and social parasites.

If you tell your son some essential truths about this vital seminal fluid, you will have a happy boy and later on a mental and physical man to be proud of. The facts to tell him are: That the great force of life is this vital fluid. That a boy who wants to be a successful foot-

ball player, baseball champion or win out in any form of hard athletics, must depend upon keeping this fluid in his system. That it *is* the force back of all winners. It is also the power that sustains brain workers. Let him understand that in all probability the *forces* which make this seminal fluid in all workers, muscular or brain, is absorbed into the tissues and gives them *power*. He will know that athletes in training are obliged to abstain from sexual thoughts as well as from liquor and tobacco. It is because trainers know the fact—but not always the reason—that not an atom of seminal force must be used up in any way but through the muscles. The reason, tell him, that the Roman gladiators slept on hard boards, was not to toughen themselves but because by sleeping this way there would be no "night dreams."

How is the boy to avoid these dreams if they come too often? See that he has the lightest covering consistent with comfort. Accustom him early in life to sleep without thick coverlids, or heavy blankets. See that his sex organ is in perfect condition—the mother has attended to this after reading this book—that he gets a cold bath in the morning and that there is nothing irritating the parts, tight drawers or suggestive reading, and above all that fear of this matter has been abolished.

When my son was captain of his school foot-

ball eleven he brought to me two brothers who were on the team. He said something was the matter with them, wouldn't I see and talk to them? Of course I did, though they had a father and mother. They were good boys, but at fourteen and sixteen were in a pitiable sight. Behind the glands of their sex organ was a mass of fetid material which was the accumulation of years. They had never been told to draw back the skin and clean the glands. Of course this state of affairs produced constant irritation at night and in their sleep sent wrong messages to the sexual centre in the brain and the loss of semen followed. After showing them how to take care of themselves they gained rapidly in weight, felt like complete men and carried the good work to their fellow students at college.

Self-abuse can be explained in about the same manner, letting the boy see the degrading effect and also the loss of any hope of athletic prowess. Teaching along such lines does more in one day than a month of moralizing, blame or insipid advice. Unless you can put some evidence to the boy along lines that will appeal to his desire and ambition to "do something," all religious exhortation and moralizing goes for naught. It has been tried in this country for many generations, and I do not believe that it has ever stopped one boy from self-abuse. Especially so if the moralizing has been unaccom-

panied by care of the sex organs. Constipation is also a factor in producing an irritation that causes both self-abuse and "night dreams." All mothers should let their sons know that they thoroughly understand this advice given by the fathers. Let them sit silently while the words are being spoken; then when the boy wants to know, he feels that he can go to his mother if the father is no longer with them.

Some Strong Words to the Father

"Doctor, what is the matter with my son? Is he stupid or lazy? Is he degenerate?" These are some of the questions fathers often put to me.

Neither stupid nor degenerate, but helpless because he has grown up to eighteen years of age uninstructed; unskilled in anything that will make for a successful career.

"But, doctor, he has had the best we could give him; he has just graduated from the high school."

"Doubtless, but consider for a moment the injustice that has been done to your son. The curriculum at the American high school is not one for a democratic country; it gives a certain privileged number of youths—a very small number—a preparation for college entrance. But how about the boy who is to start in business, trade or industrial occupation? Does

he get a four year course preparatory to his work?

"You have come to me for professional advice about your son. You say he can find no position to suit him; nothing to do. He has become indifferent and has bad habits that, you fear, will bring him to no good. Bad habits? Well, I suppose you left the hygienic instruction—sex hygiene—to his teachers? They left it to you. The youth has been criminally neglected; whose fault is it if he has contracted bad habits and runs daily the risk of his physical life being ruined?

"You say that he cannot find a place to suit him?"

"Yes; every place I have tried to get him he finds fault with. Says he's not adapted for the work."

"What has he been fitted to do?"

"Nothing, that I can discover. Says he'll go to college if I'll send him. Would you advise me to make the sacrifice?"

"No, no; he should not have gone to the high school. He needed training, not cultivating. He needed to learn something about man and methods, not about dead men and past manners. Don't misunderstand me. I am an ardent advocate of college education; of advanced scholarship; of the highest possible work along these lines—but only for scholars,

men born to intellectual labor and investigation.

"What your son needs to understand is that there is no democracy of brains; that there exists an aristocracy of intellect. In accepting this statement one must not confound class with efficiency. If a boy is a trained engineer, or one who possesses manual dexterity through earnest study and application, he belongs to the aristocracy of intellectual workers.

"Your son is typical of thousands of helpless youths in this country to-day. He has been unfitted for the work nature intended him to do; not fitted for the work he is capable of doing. To send him to college would only make matters worse, and result in forming habits and acquaintances which would be injurious to his future career; for he must be a manual worker; his brain is not made of cells that call for studious application in intellectual work."

"Yes; I have no wealth to give him. He must earn his own living."

"Well, then, why don't you fathers give your boys an education that will enable them to earn a living? Not all can become lawyers, doctors or professors, and of the many who have tried, God save me, man! I've seen the wrecks, moral and physical. When your boy was in the primary school he built a boat that

beat all the others upon the lake. He should at that period in his developing ideas have had a start in the use of tools, in the training of the hands and eyes."

"Yes, that's true, doctor; the boy wanted to go into a shop, but his mother and sisters ——"

"I know all about this false ruinous pride—we'll get to this mother phase of the question later on. As a handler of tools, as a skillful boat builder, he would have been successful. He would have found himself, and here is the most important fact; he would have been mentally contented, physically balanced. When you get a boy in this contented state of mind you have a youth who sees life in its proper colors, who is morally well balanced, who interprets life in its true meaning, who goes ahead with his work knowing that only by work does man fulfill his mission in this world. The physical condition of a youth, who has found and been fitted for his work, is a strong defense against evil habits and their destroying diseases. It is the unhappy, the restless, dissatisfied and untrained mind and hands that are constantly handling matters that are a menace to our youths.

"This is the present attitude of your son. Discontented; unable to know what he wants. For four years he has been left to wander amid females and their idea of life. His eyes and

hands have been allowed to go untrained; his mind, instead of being drilled to observe facts and apply their lessons, instead of realizing that man must make for efficiency in some line, or fail as a producer, has been absorbing the merry-go-round ideas of girls and women teachers.

"He has no serious ideas of life; has a false pride due to his associations and the doughy smatterings of French and Latin imparted to him by female teachers. Of course he won't go into a carpenter's shop in this town *now*. He feels that such a step would be humiliating. Think of the false ideas he has absorbed. This is what the high school has done for him; for a youth who was born to be a handler of tools. To work with his hands is beneath *his* social level, so he remains useless and helpless—a parasite.

"It is from this class we specialists get the dipsomaniac, the despondent, and the useless—the men who go to the dump heap.

"Whose fault is this? You fathers; every one of you. You send your boy to school—to the public school—without any care or investigation concerning his tastes, his teachers, or how he is to be made into a useful man. You pay your school tax and think your duty ends here.

"When you notice that he is dissatisfied with

his school, you pay no attention to his need of advice. When he tells you that he wishes Miss Brown would let him stay in the manual training room instead of going to that 'horrid Latin class,' or says when he comes home to dinner that he wishes he 'could cut out all the po'try and mush, and learn sumpthin' I can get onto,' what do you, you fathers, do for him?

"Tell him that his teacher knows best; to do as she tells him. What a back slap at your fatherhood! You frankly admit to your sons that a young woman who only sees them in the class room, and who has no possible interest in them, understands them, knows their desires and longings and capabilities better than you, the fathers, do.

"All complaints and requests are referred to 'mother.' 'Oh, don't bother me! Go ask your mother,' has been the line of treatment that has sent many a boy to the gutter.

"The other day while in the library of the head master of one of the largest and best known preparatory schools in New England he tossed me a letter, saying: 'The great difficulty we have in boys' schools is to find the proper person at home with whom to advise. Of course that person should be the father, but he is generally too busy to bother about the matter.

"'Now, take the case of this lad. I want to

know some facts about him—about his past life; he has only been with us about a month. He is sixteen years old. Our physician says that a small operation—circumcision—is necessary to save the lad from self-abuse or a complete nervous breakdown as he gets a few years older.

"'I didn't write home asking what I wanted to know—I've had too much experience; but I wrote the father, asking him if he could come up and see us—that it was important for his son's sake. That letter you have is from his maiden aunt, saying that *she'll* be up. The father is too busy just at present—always has been—to be annoyed with his son's adolescent growth.'

"No, you are no exception to the American father. It is only when you realize that something is wrong with your boy that you give his future any thought. If you had taken the trouble to look into the matter, you would have seen that the high school could not fit him according to his abilities, to his capabilities.

"Look at it now in a common sense light. When your boy graduated there were in his class nineteen young women and five boys. Naturally the studies were what the girls wanted; not what the boys should have had. The women were well established in physio-

logic life; the youths adolescence. Don't forget this distinction, this differentiation of the sexes, for it is a very important matter when you are told that the girls go far ahead in their studies.

"From the first year at high schools the boys begin to drop out. They are dissatisfied. After the second year there are about three girls to one boy. In one school whose graduating exercises I attended last spring, there were fourteen young women and one anæmic, sheepish youth. What training do you think that lad obtained for a start in life? Of course he had heard enough to become a milliner or a dressmaker, but that's about all.

"If a woman had come to you four years ago and suggested that you send your boy to a girls' school, you would have sat up and taken notice. The average high schools are girls' schools to which a few boys are, unfortunately, sent.

"The fault with the public high school is that it was established with the idea that every boy was born mentally equal to his schoolmate—that every boy's brain, potentially, was capable of any development under a universal curriculum. It was the impression held by the pedagogues that every boy was made from the same germinal stuff; that all brain cells were capable of the same kind and amount

of development, hence a common mould could be used for any and all. Heredity, nationality, environment, parental influence, mental strength and physical vigor were supposedly equal in all.

"These are such gross errors that until they are frankly admitted and corrected we had better close the mixed schools, for they are unfitting thousands of boys to earn a happy living. In such faulty education the physician sees the foundation source for many nervous and evil habits—moral degeneracy—conditions tabooed by the female teacher whose knowledge of boys and their physiologic growth, and the power of suggestion during adolescence, is purely superficial and scholastic.

"The different classes of flowers have their growth and cultivation carefully watched and pruned, according to their respective requirements. In the development of fruit trees and domestic animals, we differentiate in training. But consider how the average boy has been treated, how little his individual requirements and tastes have been studied and cultivated.

"Now let me put it up to your own line of work, and you will plainly see what an injustice has been done to the American boy who has had to depend upon the high schools to get a start in life.

"You are a horse dealer. You receive a

shipment of horses—young horses to be trained and schooled. You look them over carefully, and try them out in the ring. You pick out the horse which shows by his build and action that he is fitted for the park or hunting field. Another you put aside as a prospective draught horse, another as a general utility beast, and so on. Each of these horses needs special training along the line of work it was born to follow, and each is turned over to an instructor proficient in his specialty. Moreover, the sexes are kept separate. Man seems to use common sense in everything except educating his own children—that is civilized man. Especially is this so in New England, where parents are prudery debauchees, and where *truth* has not been allowed to speak in her own voice and words.

"To return to our horses. What would have been the result if cart horse, farm horse, racer, hunter and circus actor had all been placed in one ring, and under one set of training rules? Ruin of all the good qualities and natural attributes in each horse. Of course, and we should have our horse markets filled with useless animals—horses no man wanted.

"The boy is a young animal—a colt. Give him training along the lines he was born to follow, look into his pedigree, and you will get a contented man and useful citizen. Many

a boy who would have been a steady worker in the shafts has been goaded to balk and sulk through the nagging of a woman teacher, who constantly blamed him for not trotting the same speed as a carefully groomed and born trotter.

"The question, 'Why do boys leave the high school?' is frequently seen in educational journals. The answer is plain to a man of the world. Because the boys realize that something is wrong; because no real boy is going to sit quietly and be told every day that his girl classmates are going ahead of him in his—or in reality, their—studies.

"Of course they are. A young woman of seventeen is a different proposition from a boy of the same age. The boy knows that he is not being adjusted to fit somewhere in life; knows that all his teacher cares about him is his showing in the reports. He must come up to a certain average, a certain standard in all subjects, no matter how unfit he is mentally and temperamentally to master some of them. In other subjects he knows he could excel. But his inclination means nothing to his automatic teacher. The normal school or woman's college has set her standard, not boys' natures, their male characteristics, their view of life and its possibilities. His desire to have a full knowledge of things he *can* do does not appeal to

the girl teacher. It does to the boy; he realizes that unless he is adjusted to his capabilities, he will be a failure in life. Such boys are failures and worse. Again, the boy must be adjusted to his teacher's routine training, not to his needs. He can never pass that examination in Roman history, French, or drawing; he knows it; also feels that for him it is a waste of time to fool any more. So he leaves the high school, and is probably told by his father that as long as he would not stay in school, he can hustle for himself. Then is thrown upon the land another untrained boy; a disheartened youth, who, as a man, is to be a failure.

"Boys need the understanding of a male to get at their adolescent ideas and thoughts; at their physical condition; a virile intellect to control morbid fancies, to stimulate the little ambitions which, at this period, may be fanned into a strong, enduring flame, or snuffed out forever. A day's romp and swim with a boy who is considered beyond control by his young woman teacher, will show him to be a clean, ambitious youngster who will 'make good' when he is adjusted to his capabilities and environed by men and ideas in concord with his temperament and brain development.

"I know a young woman of twenty-four years of age who takes a position this year as a teacher in a public school. Her knowl-

edge of boys—of adolescent outbursts—is absolutely nil. Her mother is one of those injurious women who deny their daughters the right to understand the biologic and physiologic laws of life and their direct effect upon the physical and moral growth of every living thing. Consequently this girl's assumed knowledge of men and things is twisted information, and her fancies morbid and curious—all the misinformation she received from classmates at the normal school. Think of sending a youth to be under the misconstructive control of such a person!"

We must have schools where boys are taught that a blacksmith is a far better citizen than the political clerk who has a high school diploma, but is dependent upon the ward boss or saloon proprietor for his sporadic jobs.

A short time ago I watched, in a small Massachusetts town, the parading of about three hundred boys from an industrial reformatory. These boys were the off-castings of the streets of Boston. They marched behind their own boys' band. Every little lad in that regiment was being trained along some line of industry and by men—which would make him an independent youth when released from school. Carpenters, hand-workers in iron, masons, gardeners, musicians—some form of craftsmanship was their gift from the state.

Watching this parade of youthful craftsmen were a large number of boys who attended the high school. Most of them I knew would have to earn a living; many were then a burden to their parents. Some lived four miles from the school, yet so solicitous was the state that they all should receive an "education" that every school day a 'bus, and in some cases a carriage, was sent to transport these young people to school.

At these schools not one of them was getting a course of instruction which would enable them to compete for a living wage with the "reform boys."

Is there not something ludicrous in sending a carriage every school day in the year for a boy of sixteen who has not an ounce of scholarship in his mental make-up, and not an extra dollar in his or his parents' pockets, and then pay a girl teacher to cram some of the humanities into him?

True, he may get an hour of manual training, but it is not enough to give him an understanding of the dignity of labor or the necessity of training the eyes and hands. In fact the slight attention given to this art is conducive to the impression that it is subordinate to a knowledge of history and Latin; and this idea leads to failure—to absolute uselessness.

This story of misfits, of uselessness from

want of development of the inherent productive powers, is repeated to me hundreds of times a year. I have seen such pitiable wrecks, mental and physical, the result of false instruction and unguided talents, that I ask all fathers to stop a moment, shut down the desk, or obtain leave from the shop for a while, and look into your boy's mind; find out what he can do, what he is capable of doing, then send him to be trained along that line, and send God's blessing with him.

A boy must be fitted for the place he can economically fill. He will *not* fit into any niche or aperture nature has not made for him. If it is tried there comes the leaking of discontent, the jar of mental peace and the breaking of moral and physical health; then the whole structure to which he has been wrongly attached becomes useless.

"But how am I to tell what my boy is fitted for?" is the question often put.

If the father has given close attention to his son, which unfortunately does not frequently happen in this country—he observes some trait, some trend of the lad's mind that will give him a hint. If the father has wealth enough to furnish the boy with means after he leaves college—I mean if the youth can have ample opportunities to look around and see what he would like to do, and when he chooses, go along

and master the rudiments of the work, then by all means give him all the education he desires. Otherwise let him choose before expensive habits and companions are part of his life. If, after leaving, he must return to those who are working upward and whose tastes and habits are distressing to him, failure is almost certain. I am speaking of the average youth. Of course, those who early show a decided bent towards study or its avoidance will find their places—they start right.

A father who forces his son to follow in his footsteps against that boy's inclinations is pushing that boy towards failure. He is the one who knows what is distasteful to him even if he does not exactly know what would be agreeable. If you are a president of a bank and your son wants to be a sailor you can never make him take any interest in the Wall Street *News*. He may look it over from a sense of duty, but will soon forget what he has read as he devours the stories of the great navigators.

Look into your own family. Did you not have a blood relation who was a sailor and traveller?

"Yes, but that was long ago."

Never mind; let the boy do what his heart's in; help him with your love and money; he'll win out.

Do you want him one of the men who are

failures? If so, force him to try and change his brain cells to contain the same working material as yours. Better still, if he is a blond and you are a brunette, force him to try and be a brunette. It is as easy as trying to compel him to change his psychic endowment which you passed on to him through a long line of ancestors who were not bank presidents. Then remember that in the boy there is more of the mental make-up of his mother than of his father. Study this matter.

Assist in every way a normal ambition in the boy. A healthy ambition is only fostered by a real ability to accomplish the work desired. Work always accompanies real ambition; laziness, misconstrued desires. Ill health is the result of wrong environment, of envy, of mental dissatisfaction. Health is the outcome of determination and an ambition in accordance with the mental calibre. The individual having these latter traits is satisfied to go slowly, step by step, regardless of the sudden rise to prosperity of those whom he knows to possess a better education and more innate ability.

"Why, Hal, 'tis my vocation, Hal; 'tis no sin for a man to labor in his vocation."

VI

THE BLACK PLAGUE

"OH!" you exclaim, "what have such things to do with good boys and girls? What have such vile matters to do with mothers, with our homes?"

Much, very much that is of vital importance for girls, boys, and all parents to understand.

It is not necessary here to go into the history, causes, or medical details of the two diseases that are rapidly undermining the health of our young men and making this country one of broken homes and disintegrated families. For the truth is, that much of all this cry of "Stop the increase of divorce," should be changed to: "Stop the increase of venereal diseases," and then we could watch the decrease of divorce!

It is just because mothers, teachers and ministers would not listen to vital facts in our present condition that the increase of the Black Plague has progressed until it no longer remains behind the walls of evil places nor is it segregated in the hospitals. It pokes its poisonous germs into high schools, into homes, is ever ready for its innocent victims in hotels,

public toilet rooms, common drinking cups, in that nasty custom, the "tasting spoon" used by your unknown cook, on public bathing suits, apparently clean towels, dirty barber shops, brushes on trains and boats, lavatories.

In our own homes? Yes: even there you are in danger of the horrible plague.

It is because it takes hold of the innocent in its most ruinous form; because the *ignorant* and innocent not knowing the possibility of becoming infected do not recognize it until the awful thing has done its destructive work, that the menace is to our homes and our children.

The two diseases that are the curse of the world have been known since man was born. But being known and their causes known, other wiser and older countries recognize the absolute necessity of their legal control and the protection knowledge of them gives to the innocent.

The reason we are now trying to put the facts concerning these destructive diseases before the American mothers is because the United States is the only civilized land in which the control and frank admission of the danger to the public *is not* publicly and legally recognized. The result is that the diseases have freedom to wander, penetrate, and destroy the youth of our land, and to increasingly disintegrate homes and uproot families.

It is not the immoral side of these conditions nor the condemnation of the evil that I have anything here to say, but only the simple facts which all mothers must face because through ignorance of these facts every home in the land is menaced.

Of course these diseases have their starting point in those of evil habits and immoral living. They are the result of filthy acts and lives.

Here is where the danger comes to us all. The great disease—the Black Plague as we now call it—is medically termed syphilis. This disease breaks out in sores in the throat, on the tongue, on the skin. Of course it is directly contracted through intercourse with those of corrupt morals. But in its *secondary* stage its sores appear on the places above mentioned.

So you see that if a person affected drinks out of a public cup he or she may leave some of the germs on the edges of that cup. The next individual to drink out of that cup may be an infant or innocent girl. A little cracked lip, or some slight abrasion, a tender tongue, is sufficient to absorb the germs and then we have a child probably ruined for life.

I say probably, because if the danger of these little sores is not fully realized the child —or of course, any person—is not treated until it is too late. "Mother thought it was only a

little cold sore," as a young girl told me as she lay in the hospital—a distressing and soul-harrowing case.

Here is an example of this danger and the horrible effect of the disease as editorially given in *The Ladies' Home Journal:*

"A Kansas young woman of irreproachable character returned home from a pleasure tour of travel to find an ulcer developing on her lip. She went to a doctor who pronounced the ulcer of an unmentionable origin. The girl became inconsolable, and her family, distressed almost to distraction, spared no pains nor expense to ascertain the origin of the infection. It was then established, beyond reasonable doubt, that the girl's misfortune came from the use of a public drinking cup. The case was brought to the attention of the Kansas board of health, with the result that the public drinking cup has been ordered abolished on all railroad trains passing through the state, and from all stations, *public schools* or public institutions of any kind. It is to be regretted that it required a splendid young woman's misfortune to bring about the action taken, but at least she has the satisfaction of knowing that through her misfortune she has doubtless been the means of saving thousands of innocent victims. But must other states wait for the sacrifice of their young womanhood before they abolish one of the most

dangerous articles of use within the reach of the public to-day?"

Any living tissue that comes in contact with the germs or sores of these diseases rapidly absorbs them. When this takes place the individual is inoculated with the worst curse known to mankind.

Besides syphilis there is the other disease known as gonorrhœa. This is fearfully contagious. Formerly this disease was not thought of much danger to the community, only to those contracting it. We now know that it brings more misery to the innocent than syphilis.

This is the disease that blinds the little children and brings the pure wife to the operating table; that mutilates women beyond any chance to be mothers, that causes cripples through gonorrhœal rheumatism, that is frequently the real cause of "nervous breakdowns."

Gonorrhœa does not break out in sores like syphilis, except on the sexual organs. Its danger is in the running matter being left on towels, the seats of toilets, or anything that comes in contact with the parts. No matter if it is so tiny a dried germ that only the microscope could discover it, if it gets into the eyes total blindness is certain; unless the trouble is *immediately* recognized. Two of my class-

mates lost their sight by coming in contact with the disease in the hospital. Even the most skillful treatment was not efficient in stopping the rush of the poison through the lenses of the eyes. If this is liable to happen to those who are aware of the danger, how do you think you, who have never before been told of these matters, are to escape when totally ignorant of the conditions?

But these facts have long been known to physicians; it is only lately that the real, horrible, punishing effects of the disease have been fully realized. It is in this fact that your daughter may become a ruined woman, physically and mentally, even when she marries a man who has led a pure life for five years previous to his marriage. One little slip when he was a youth may confront him in his quiet home *ten years* after. Think of this *fact!*

It used to be the idea that this disease, gonorrhœa, was merely a local affection. So do the millions of young men to-day believe that it is merely a little uncomfortable inflammation. The general impression is that after treatment and all *outward* signs have disappeared, the patient is cured, and thereafter a well man.

Oh, the ruin and misery this false belief has brought to wives and homes!

The vast and increasing number of young women who have to be operated upon for

diseased organs caused the surgeons to seriously study the reason. Women were constantly going to their physicians for those dragging pains, those distressing feelings in the regions of the ovaries, for constant miscarriages, young women who their doctors knew as good girls, as pure wives. Bacteriology, in its enormous strides in discovering hidden causes, soon came to the physicians' aid and told them the awful truth.

It was found that the larger number of these women who had to be operated upon had become infected by their husbands who had in their youth or early manhood contracted the disease, but *thought*, really believed, they were cured.

But they never were completely cured. They married, innocent or ignorant, of the real truth. Back in the deep part of their sexual organs lay dormant, unknown to them, germs of the old disease. When these germs met the tender and pure tissues of the bride, they came to life, and soon made havoc with the sensitive ovaries and all the tissues surrounding them. This condition brings the ruined woman to the surgeon and she has to undergo a mutilating operation.

Now I hope I have explained in simple words and plain terms the reason for my warning to all mothers and daughters. It is by no means a pleasant task to say what I have been forced by my conscience to say, but I think you will all agree that it was a necessary task.

The remedy for this state of affairs we will not go into; *you* can settle this when you all fully appreciate the facts as they exist to-day. I think you can all understand the menace to your homes that exists as long as these diseases are left uncontrolled. I give you some real cases as they have come under my personal observation. These are only examples, remember, for it would fill a volume to explain all the dangers and fearful contagiousness of these diseases—syphilis and gonorrhœa.

A short time ago I saw a lad of sixteen years of age who had lost the sight of both eyes through disease which he had innocently acquired. His mother is broken-hearted; the father almost useless from grief.

And whose fault was it? The parents'—especially the mother's. She is one of those millions in this land who would not listen or talk of matters that are of the most importance today in the rearing of children.

A servant girl was taken by this mother from an employment office. Of course she used the family towels. I say "of course" because in spite of all the precautions to see that such persons have their own linen, towels, etc., they *will* use any they find lying around the chambers or bath rooms.

This girl was diseased—had the gonorrhœa. The germs of this disease were left on the tow-

els. The innocent boy wiped his face with the towels. The poisonous germs got into his eyes. He soon became sightless; sightless forever!

If the real trouble had been known, with the *first* signs of inflammation the eyes *might* have been saved.

"But," you say, "how was the mother to know about this condition of the servant girl?"

How does the mother know about the danger of her boy going on thin ice? Why does she warn him and also learn if the ice is safe? Why does a mother keep her daughter away from a playmate's house when she learns that there is danger of scarlet fever or mumps in the neighborhood?

Because these and similar matters have been a part of her mother's education; knowledge that has naturally come to her through the experience and teaching of others. Because on these matters *she would listen and take heed.*

Again you ask: "How was she to know about this awful disease that the girl brought into the house?"

If she had learned, listened and taken advice early in her married life; yes, when she was a young girl had she been properly warned, if our public high schools taught their scholars some *essentials* of life instead of instructing them in a

lot of unessentials, this mother would have been on her guard, would have seen things, noticed little items that would have warned her.

Had she *known*, when the boy's eyes became inflamed she would have at once—without a moment's delay—sent for the doctor hoping that her fears were useless but realizing *that such things were possible.*

If it had been a sore throat she would have at once thought of diphtheria and sent for the physician because *she has been well informed upon this subject.*

American mothers! You all have been aiding in the spread of these fearfully contagious diseases. You have allowed their after effects to ruin thousands of pure girls—brides. You have done so by the shallow idea that *your* boy was safe—that *your* daughter would never know of these horrible things. You have placed a screen between you and danger; the injurious screen of false modesty, hypocrisy, cowardice!

Some of you still think that your daughters can be brought up in ignorance of the dangers always around them, and never suffer from that ignorance. They will; some of them to their sad end.

How are all of your daughters to escape when one-half of the manhood—some doctors say three-fourths—of this land is suffering from

some form of a disease that will ultimately affect their innocent wives?

Think of it! At least three out of every ten holy marriages debased and ruined by this peril! What is the use of all this academic and church discussion about the increase of divorce when the barrier which confines the trouble in our land is kept up by the mothers and the women teachers?

Make laws? Of what value are laws unless the reasons and absolute necessity for such laws are well understood? If the reasons and necessity for such laws are thoroughly understood, conditions will right themselves. It would be useless to have a physician's certificate as to the health of a stranger taken into the family, if all women in this land knew why such precautions were necessary. Under these conditions women themselves would be the best guardians of the perils of the family. Knowledge makes for care, watchfulness and investigation.

You take a home in the suburbs. Before you do so you look carefully into the purity of the water supply; you investigate any rumors of typhoid fever in the district; you keep clear of communities where saloons and other baneful places exist; you take care that the educational facilities are the best for the mind and morals of your children.

And why? Because all these matters are

known to you as very important for the well-being of your family. You have listened and learned. But of more important matters, of really vital matters, you have stopped your ears and closed your eyes.

What is the result? Misery, disgrace, divorce over all the land. The curse spares neither palace nor cottage; the shop nor the high schools; the pure nor the impure. It knows no class, nor age; its control is absolute.

You all know by this time, thanks to a few courageous magazines, of the enormous number of blind children who could have had their eyes saved, and I have told you something of the number of mutilating operations upon our young women, but this is by no means all—there is much misery, and so much mental misery, which follows in the track of these diseases.

A large number of nervous diseases, chronic invalidism, idiocy, lack of moral character, instability, failures in life-work on account of weakened will force, are due to the *inherited* effects of preventable diseases—syphilis and gonorrhœa.

Let Your Children Know All About These Curses

The next time you are talking with a friend about "Poor Mrs. ———" and your little daughter asks: "Mama, what is the trouble

with Mrs. ——— ? Why does she always have to stay in bed ? " don't say as you have been accustomed to say : " Run along, Nellie—Mrs. ——— is unfortunate ; she met with an accident when she was a young married woman and it has affected her nerves."

No, don't dissemble—to use a mild term—this is the time to take your daughter and *commence* to teach her what pitfalls lie in wait for the ignorant and unsuspecting girl.

Tell her the truth ; if not, she will later on follow your example and dissemble when *you* ask her questions. No matter if I have repeated this statement ; it is very important that you remember it. I've seen it work both ways. I have seen a mother who always answered her daughter's questions truthfully always have truthful answers from that daughter. I have seen a cowardly mother dissemble, put off, and deny the truth—I have seen such a daughter constantly deceiving her mother—until the shock came.

A young girl was brought to me by her sorrowing mother. The child was fourteen years of age. From a good, obedient and cheerful child she had merged into a fretful, willful and irritating girl. She was always uneasy ; would —or could not—apply her mind to her simple studies. Then the mother discovered something. She was horrified ! What did it mean ?

"Diseased; badly diseased, Madame! It is impossible to say what the outcome will be. She ought never to marry even after she has been through treatment. She will probably be childless—this is almost certain; you see the disease has travelled along her developing organs, gone up the tubes to the small ovaries."

No need to describe the state of the stricken mother.

Did I speak too harshly? Perhaps, but my indignation controlled me. Why?

Because this very mother had been warned by me, a year or so before this happened, to keep her daughter from running around visiting the nickelodeons, going to matinées, on public picnics and bathing shores. She would not listen; her child was "only a baby," she said.

"True, Madame," I answered. "I do not imply for an instant that there is anything but innocent enjoyment as yet. But in reality *you are the baby* in this case. Keep your daughter with you—find out for yourself the character of the places she enjoys going to; look into her companions, see how much older the girls are whose company she keeps. You are laboring under a great mistake if you think that a girl of fourteen years of age can run about and not learn of matters from wrong sources. This attitude has been the cause of many a girl

going wrong—in their ideas if not in their actions.

"Keep your daughter so that in you she will have a companion to talk to and ask questions; for she is full of them. Instruct her after I have instructed *you*."

Oh, no, she would not listen; such matters were not for women in her position. *Her* daughter never would be exposed to any harm.

The girl still remained a child; was pure and innocent, yet she had contracted a most horrible disease—gonorrhœa.

How? How could such a thing happen?

She went on a picnic to one of the cheap bathing shores. Here she hired a bathing suit that had just been used—you see she didn't know. The often-used suit was fairly dry but of course not sterilized. The contagious germs left there by some former user of the clothes found in this little girl a ready soil to propagate. They did with all their activity.

So the disease progressed until it had taken hold of her childish body. She didn't dare tell her mother that there was something wrong with her; thought it was some irritation, or cold, or what ought to be present at her age. And so it went on until it reached her tender and sensitive ovaries.

Yet you American mothers go along shutting your eyes and timid ears to the con-

ditions that are constantly around your little ones!

There is a medical case known as "Typhoid Mary." This unfortunate woman sheds typhoid germs wherever she goes. By the mere act of washing dishes in families she has spread a fearful havoc. Over a score of her victims are known. This typhoid carrier is now isolated.

There are thousands of individuals going around you all who carry germs of a much worse disease. But you will not listen to these facts.

A good church woman and social worker took pity on a woman who applied for a situation as cook. She told a pitiable tale of the abuse her husband had subjected her to; of how he went with "nasty women." That he had "the bad disease." With all this plain warning the good woman took her in as cook.

Now this woman had a sore—several of them in her throat—the ulcers of syphilis—the *great* pox we call it in contradistinction to that comparatively mild disease, *small*-pox. She tasted the soups and sauces by that vile method, the tasting spoon. Of course the little daughter of the house, aged nine, roams around the kitchen tasting everything that she likes. She used that tasting spoon—and another victim of syphilis was soon recorded. Not until the second-

ary symptoms, sores, loss of hair and general ruin, was evident did the mother know the *real* facts. She never would listen to the things we doctors have so long been trying to tell the women of this land.

Just as soon as you all join the doctors, after learning the real facts, much of this danger can be shut out of your homes. A ready acceptance of these conditions, earnest talk, forthrightness in acting, will do more than all the laws man or woman can devise.

Get some of the pertinent facts yourself. Get them from the doctor, from your heretofore silent husband, from your grown son. Let the daughters hear as much of this talk as will warn them and bring about a healthy understanding. At present they are filled with morbid ideas and facts which are upside down.

I know of a valiant and courageous little lad of sixteen years of age who taught his mother a lesson in these matters.

"Mother," said this lad one day, "I want you to take Alice away from the public high school. Do it at once, before it is too late; it is no place for her. You have never told her things; she is learning what she ought not to hear, bad stories, and is going with boys that I know have a 'bad disease.'"

The mother was shocked; horrified that *her* little son should instruct her. He went to the

father and told him all; then the three had a conference, and the mother then knew that she was not as fitted to take care of her children as her little son *was*.

Prejudice is the daughter of ignorance; modesty in all matters which concern the health and morals of man is a crime, and as many of you have been criminals in this matter, so will many of you suffer the punishment of criminals.

I don't care what you think of me for making these rather unpleasant statements. I know they are true; I feel that they are necessary. I have had twenty-five years' experience with the most unfortunate individuals on this earth, and to most of them I could point a finger and say: "Bring me to your mother or father—they are the criminals!"

Here is another little story of how the Black Plague can cause ruin in the innocent.

An amateur performance took place in a New England town not far from Boston. One of the characters in the play was that of a tramp. It was assumed by a young woman —foolish mother to allow this! There were many full-dress rehearsals and running about in their costumes as is the wont with these school players. All this involved many rough washings of face, neck and arms. The costumes were hired in the city. That of the tramp was

undoubtedly genuine or at least had seen much dirty service.

Shortly after the performances—two or three weeks—the girl who played the tramp discovered sores upon her neck and forehead. She was treated at home for "pimples." But the sores increased, constitutional symptoms developed and the doctor was called in.

What could he say? The girl was engaged to be married. It was his duty to tell the truth, yet if he boldly stated the facts he was liable to be sued for slander.

But he had his duty to humanity. The young woman was diseased through and through. Neither she nor her mother recognized that such diseases existed except in vile and low persons and through personal contact. They did not know of the contagiousness of these fearful scourges. *They had never been told.* They would not have listened, as the doctor told me, to any such necessary information—not one of his New England patients would; no, not for an instant. He would have been shown the door and all kinds of evil things said about him had he endeavored to keep them from dangers of this kind.

So he did the best he could have done under the circumstances. He wanted to keep the woman from marrying, exposure and disgrace—divorce with all its slander. For so un-

charitable are all such persons as those whose false modesty keeps them ignorant, that evil would have been imputed to this innocent girl.

The doctor temporized. He wanted to keep the case in his own hands—he knew the result if the case got into less scrupulous hands. The girl and her mother were told that the trouble "was a run down constitution"; that in consequence the marriage must be postponed indefinitely.

Under treatment the *outward* signs of the disease were suppressed. This brought about a dilemma for the physician. The family thinking all was well announced the marriage preparations. He strongly insisted upon further postponement, but the girl would not listen to his advice.

Now came that awful time in every conscientious physician's life. To allow her to marry was to be a party to a crime. It meant the horrible awakening of a confiding man; wrong and unjustifiable accusations; a ruined and disgraced woman; and perhaps a ruined man. And the future children, if any should be so unfortunate as to be born? For remember that syphilis does not destroy the reproductive organs as does gonorrhœa. It would be a blessing for humanity if it did; if every syphilitic was powerless to reproduce its kind,

half the problem of this plague would be solved.

What about the children, as I said?

Impossible to state in exact terms, but without question little ones born seriously handicapped for their world's work. Idiots, cripples, perhaps physically perfect and morally imperfect. And *these* would pass on to future generations the awful curse. "And the sins of the fathers shall pass on to the third and fourth generations." This statement literally means *syphilis.*

Well, the doctor took the matter by the horns. He explained the purity and innocence of the girl to the man. He also explained the horror of it all. He told the man to go away and make what decent excuses he could.

But the man would not—he thought this advice all wrong. So he went to the parents and told them what the doctor had said. Then, of course, came the row. The doctor was threatened with all sorts of ruin. But he only went deeper into reasons and called the people and their contemplated act by their right names and gave them a proper overhauling for their refusal to accept the truth and abide by it.

The young man left town. Two days after the girl swallowed a poisonous dose of laudanum.

Oh, the horror of it all! And a little knowledge would have saved two pure and loving souls. Even had the girl not escaped the contagion, on the *first* appearance of the tiny sores a knowledge of *what might be the trouble* would have sent her to the doctor in time. A full knowledge of these truths would not have allowed her to handle unknown costumes.

No; the wages of ignorance is disease—the price of false modesty is *death.*

There is absolutely no necessity for these horrible conditions. If the American mothers will take hold and understand, happiness instead of misery, disgrace and divorce, will be the birthright of every understanding man and woman.

VII

CORRUPTING ENVIRONMENTS

THE general impression is that sin and disease lurk amid the haunts of the city's youth—that the town and country boy is safe. If it were so in the past it is not so in the present.

There has been a complete change in country life the last fifteen years. Trolleys penetrate to the back villages and crossroads. For a nickel they take the youths to the "White Cities" of the near-by towns; to dance pavilions, the shore resorts of a certain kind, where they inevitably come in contact with associates who corrupt them morally and physically.

Of course it is not all their fault either. These boys do not really know the truth. If they did they would not so easily fall into the class of unfits. They never have been told all they should know. We doctors have not been allowed to state in plain words facts that would prevent the waywardness of many boys and the occurrence of many marriages and their sorrowful termination. When a good girl marries one of these unfits she ends either in

the hospital or the courts. And the husband did not really know.

The same conditions exist, of course, amid the boys who have no homes—that is, no real homes. Palaces or flats do not necessarily imply homes. The street corners, beer halls, and "dance academies" are the places of corruption from which proceed many young men to wreck the lives of fair young girls who are mated with them.

And they, likewise, did not know. If the doctor could only tell them—but he may not. Here is a case in point:

"Mr. Smith, for you to marry that young woman is to commit a crime—a cruel crime. It is such unthinking men—ignorant of plain medical facts—as you who hold up the United States as a country of rapidly disintegrating homes."

"Be careful, doctor, you are going too far."

"No, I am not going far enough. I intend to go so far as to prevent this contemplated marriage."

The man turned pale with anger as he replied:

"If you interfere with my private affairs I'll see that you are driven from the city. If you say one word against my character, I'll sue you —I'll ruin you. You know I have society and the law on my side."

And right here is the horror of it! The man was right.

If we doctors know of a sewerage system that is poisoning the community it is our duty to report the fact at once. If we know of a contagious disease in a house or tenement we must placard the fact in order to protect others. If we have a patient suffering from consumption whose surroundings are such that he can communicate the disease to others we must at once take means to prevent this white plague from spreading. But our hands are tied when we try to prevent other diseases from spreading and causing misery, pain, divorce, death. There are one or two states which make the marriage of the unfit a crime; but of what value are such laws in one state when the diseased ones can cross the borders and commit the crime?

Take the man who has just threatened me. Not a spot on his body large enough to place a nickel that has not been punctured by a hypodermic needle. He is a victim of morphine. He will soon sink to the asylum or grave.

Can't he stop it? Won't his love for the young woman give him will power enough to break the habit?

No. If he could break away from the dreadful power over him he would have done so before the contemplated marriage day was fixed.

He has tried. He has made strong efforts, and the doctors have done their best to help him. But the awful thing hangs over him and takes hold again and again. It is always so with persons whose nervous instability is part of their inheritance.

"I shall go to the father of the young woman," I told him.

I did go. He questioned the prospective son-in-law. The latter said that he had taken a little morphine at certain periods, but he could break it off at any time. All morphine fiends are dissemblers. The mother, inebriated with the toxins of social ambition, believed him, and the doctor, in her opinion, which was freely expressed, was "a nasty interferer." Six months after the wedding ceremony the little wife sued for a divorce. Her spring and summer of life had been passed beneath dark clouds. She is a physical wreck. The technical plea of cruelty was entered.

I might give many such cases illustrating causes of divorce which are little known or recognized, causes that can be avoided just as soon as the public will allow truths to be spoken and written. But a hint here is enough for the intelligent reader.

No man or woman who has ever been through a course of treatment for alcoholism or the drug habit should be allowed to marry. Never mind

the reasons and details; they are vital. It makes no difference how long she or he has abstained; how correct the present habits are. In such persons instability is inborn, and when the worries and strain of married life come they are treading on very thin ice. These unfortunates start with a poorly adjusted nervous system and they will need all possible quiet, freedom from worry, and physical care of themselves to keep their nervous system under decent control.

I have seen scores of these unstables go straight downward after a few years of married life. Divorce follows, and the cause is again "cruelty" or incompatibility of temperament. But in these matters there seems to be coming a great change for the better. Our leading magazines and journals are no longer afraid to speak upon matters of vital importance to the mothers and fathers of a new generation. Purity is being put upon a sound working basis; facts are exploited instead of Puritanical theories. Doctors are talking to ministers, and these latter are listening with interest and respect. All over the country is a new desire to rid the land of baneful ignorance and false modesty—conditions which have nearly brought us to be a universally diseased people. Dynamic Christianity is supplanting the old methods, bigotry and orthodoxy are fast giving way to the Christ spirit. And mothers and fathers are awakening

to a sense of their responsibilities towards their children and an appreciation of the necessity of guarding them carefully against evil associations and the dangers of our educational system—the mixing of the adolescents of both sexes.

VIII

WHY GIRLS SHOULD BE TAUGHT THE EFFECTS OF ALCOHOL

THE shaping of child life in the United States is complicated by the racial and creedal complexity of the population. The welfare of society depends on their having common ideas of the relations and duties of life, and possessing the truths in matters essential for success in this country. Especially is this necessary in the matter of alcoholic drinks. The want of real knowledge of the disastrous effects of alcohol has sent thousands of girls to the gutter. I believe from careful investigations that nine out of every ten girls on the streets and in houses of prostitution were pushed there by taking a glass of beer or a sweet cocktail.

"I didn't know, doctor; no one ever told me. I just took a cocktail because I saw other girls doing so. He said one or two wouldn't do me any harm. Well, what's the use? You know what it *does* do. I lost my head; of course the rest was easy."

"What brought me here?" asked a young woman who was at one time a social butterfly in the best society—to use a common phrase. "Well, booze; booze with a big B. What

else do you think? Of course I took a little champagne at the suppers and cotillions—all the girls did. I was never told *just* what the effects would be; especially upon me. Same old story, doctor. I was absolutely ignorant of certain conditions, of my own self. *If I had known that liquor would take all sense of honor away and put in its place a consuming desire, I would be a good girl to-day. You see no one ever told me—I exploded, and the débris is here.*"

Sociologists tell us that one curse among the submerged girls and women is drink. That on account of this curse of alcoholism it is almost impossible to reform these girls. But what the sociologists do not tell us is that the real trouble lies higher up in the social scale. It is in allowing girls of sixteen and eighteen years of age to go out into society uninformed, uninstructed in the one fact that alcohol in any form will submerge all sense of the true self and bring forward the purely sensual self. That one of the surest snares laid for seduction is a "little harmless cocktail" or "just a sip of champagne."

If the teachers of girls don't know this fact then they should be dismissed as teachers. If they do know these facts and won't give them in plain words, then they should be considered criminals—for how else can you consider a person who is well aware of most serious danger to their charges yet warns them not of this danger?

It is no argument to say that in spite of this warning some girls will go wrong. The fact that many can be saved from the gutter by early instruction is sufficient reason for demanding this instruction.

If all girls were given the right knowledge; if it were thoroughly impressed upon their minds that the downfalls of pure girls came primarily from a little social glass of wine or cocktail, we would not have the antisocial and pitiable sight seen daily in restaurants, at dances, on the porches of summer hotels, at luncheons.

Social and racial conditions in this country have so rapidly changed, that what could exist without great danger twenty-five years ago, are now a menace to the health and morals of every unwatched and untaught schoolgirl.

Home instruction and control is no longer the rule among the masses. It will remain so as long as the preachers and Sunday-school teachers simply say: "Oh, never take a glass of beer; it is not nice to do so. It will lead you to a drunkard's grave!"

Tell the girls the facts; give them the real reasons; they will understand, see the danger and be on their guard.

Most of the mothers of the schoolgirls today were themselves left to get knowledge of self and man by the makeshift of chance under different social conditions and standards. Many

of them have made a sorry mess of it. This fact is evident; for these mothers do not seem to realize the dangers surrounding their daughters who are left to wander at will.

If they did would their daughters be allowed freedom to attend the suggestive theatrical performances, to hang around the nickelodeons—veritable assignation places for the young girl—attend dances without chaperons, go to public dances, drink on the sly, read erotic books? And what shall I say about the mother or father who permits the girl to go to the dens of Orientals to *teach* these wily men?

Nothing; for I should let loose some disagreeable truths.

Blind, blind seem the mothers and teachers to the procuresses who hang around the entrances of resorts and invite the girl to theatres, moving picture shows and summer dance pavilions; then to drink; then to ——

The fact is, however unfortunate it may be, that our public schools must supply much of the care and instruction that belongs to the home and parents. When we have developed and instructed a new generation, then the lost home influence and instruction may be regained.

We need widows or married women to instruct girls in physiologic and hygienic matters.

The present method lacks as much of the potentiality of truth as does the grinning, unsexed

manikin whose bones are pointed out by the graduate of the normal school.

It is laughable, pitiable; yes, disgusting, this eunuchizing of vital knowledge. The girls giggle, the boys laugh at this slurring of truth.

The schoolgirls are told all about the baneful effects of alcohol on the liver and stomach, on the arteries—something about the effects of chronic alcoholism, but nothing about the real facts of the stimulating effects upon the adolescent impulses.

Useless, wasteful, is the time spent on instructing girls and boys concerning the ruin alcohol causes in the regular drinker—experience and time will show this. What the schoolgirl needs to know is the effect upon her; what alcohol will do to her undisciplined impulses.

The theoretic and pedantic stuff regarding the effects of alcohol as taught in the public schools makes absolutely no lasting impression. How can you expect a girl of German parentage to believe that the constant drinking of beer results in diseased livers, decaying kidneys, water on the brain and general moral disintegration, when she daily sees her mother and father use beer for breakfast, dinner, and upon all festive occasions?

She sees her sturdy grandfather, her kind old grandmother, who were brought up on beer, happy and in good health. Do you think that

any statement of the curse of beer drinking—mere pedantic generalities—make for anything but doubt as to her teacher's real knowledge of the subject?

There is the Italian or Greek girl whose parents use their light wines daily. The children also are given the wine. Either they must look upon their parents as persons on the down-road to the alcoholic ward, as diseased in every tissue, or else upon their teachers as mere scholastic automatons.

So I might go on pointing out the material we have to deal with in our public schools; children of all the various beer and wine drinking peoples of old countries.

If the vast majority of the pupils in our public schools daily see the theoretic statements of their teachers contradicted by the lives of their parents and grandparents, is it not reasonable that they should distrust these teachers in other instruction?

I believe that in this state of affairs lies much of that lack of influence our schools have upon the morals of their adolescent scholars.

But we must teach the adolescent truths concerning the curse of alcohol. Yes, we must; decidedly teach the truth. But we must do it in a different manner than is now done.

First we must impress upon the children that they are to move upon a higher mental plane

than their ancestors; that much of their life-work is to be mental rather than physical. That even if they are to be farmers or mechanics their work will have to be based upon scientific knowledge, study and brain exercise. That they will not have the time or opportunity to work off the evil effects of alcohol by mere manual labor. That just because their parents were never obliged to use their brains—that is the constant active application of mental concentration—the injurious effects of alcohol were never actually demonstrated.

The children of these parents should first have careful talks concerning the changed social and economic conditions under which they will have to struggle. Climatic influences, the steady, unavoidable mental and physical activity necessary here to gain success, the fact that what could be done in Germany, in Italy, cannot with safety to health and morals be done here.

We have no words in our language to express *Gemuthligkeit*, or *dolce*, *far niente*, because these states do not exist for the worker in this country. Let the pupils of our schools thoroughly understand that the conditions here are totally different from those under which their ancestors worked and lived. That here every man and woman must be ever ready with a sound body and clear brain.

After this method of instruction may follow the practical facts of the effects of alcohol.

What our teachers ought to have impressed upon their minds is, that there are periods in the girl's development when all physical and psychical excitement should be avoided; for even under the best care sexual explosions will take place. It is a shameful admission to deny this fact.

When a girl is controlled and governed by her moral self, by her inherent self-protective instincts, these normal impulses pass harmlessly over her adolescent life and strengthen her. But when at such times she is induced to take a glass of beer, or some more delicate form of alcoholic drink, then all is lost.

Alcohol attacks the weakest point of resistance in man or woman, and in the girl it is almost invariably the sexual instinct which after a few glasses becomes the sensual instinct.

It rises powerfully; its full significance and danger are unknown; it grasps her in its impelling power. Moral teachings are forgotten; there is a palsy of the self-protective instincts and the uncontrollable impulses are aided and abetted by the suggestive seducer.

Of what value to the girl is the knowledge that an egg dropped into a glass of whiskey becomes a hard lump of albuminous substance? Of what use is a didactic lecture on the effects

of alcohol when it reaches the nerve cells and blood vessels?

Useless and non-impressive stuff. Tell her what it will do to her honor, her chastity, her future; this is essential information.

I have interviewed thousands of girls, many from good families and high school graduates, and found that ninety per cent. of them fell through their first glass of liquor.

These girls knew all about the curse of alcohol from the laboratory side—"How it puts nails in father's liver" as one girl laughingly told me, but not one of them was ever told in plain words that it would rob them of their chastity and rush them to the lupanars.

We need at once a radical change in our public schools. Segregation of the sexes in buildings widely apart. Virile, red-blooded men for the youths, womenly women for the adolescent girls. Under these conditions, and only under these conditions, can proper hygienic and physiologic instruction be given. Here must be taught those facts now ignored by teachers and parents and which are afterwards picked up in the wrong words and ideas of immoral persons.

At the bottom of every beer and champagne glass offered to the girl should be blown in red letters:—"*This way to prostitution.*"

IX

HOW CHILDREN ARE MADE DRUNKARDS

THE other day I attended the funeral of a dear friend and patient. When twenty years of age he promised to be one of the literary lights of this country.

The pace he set for himself was not rapid for an individual physiologically balanced, yet he could not maintain it without artificial assistance. So he was compelled—mark you, I say compelled—to keep propped up by stimulants. It is a long story to a short end. The sad termination came at thirty-eight.

His mother, sister and closest friends could not account for this fine boy's merging into the drunken man. I worked hard over that boy! But I had nothing to build upon. His nervous structure was sand—quicksand.

"But," said his mother to me, "how could Robert become such a slave to drink? What was the cause?"

Of course, there was a cause; there must be a cause for every effect. I did not know it, but I determined to find it.

The essential thing to know when treating instability is the family history of the patient. In this case the family history was excellent.

He came of sturdy Scotch stock. No nervous affliction on either side as far back as could be traced. Grandparents, father and mother were all temperate. The sister, three years older than the brother, was a normal woman, the mother of three healthy boys, athletes and strictly temperate in all things.

Yet here we had an extraordinarily brilliant young man whose career was ruined because he had to have stimulants. He abhorred the stuff, made mighty efforts to get along without it, but it was a physiological impossibility.

After long and minute investigations I discovered the truth—the awful, warning truth, which, when it reached the heart of the mother, brought her to the grave. She had allowed, ignorantly, of course, his delicate, baby nerve cells to be poisoned, distorted.

I learned she had been very ill immediately after his birth. He was given to a supposedly responsible nurse. The best intentioned nurse cannot feel the future responsibility to the child. If the child disturbs her rest and annoys her by its cries what is more natural than that she should give the baby a dose of one of the much advertised "harmless soothing syrups"? Of course baby sleeps quietly: he is in an opium sleep. Of course he looks fat and well nourished; he is drug bloated.

In this case I found that a little gin was put

into his milk; not once or twice but frequently. "It is good for the kidneys," the old nurse said. Then she said that it was the custom to give a little "soothing syrup" to all babies. "It helps soften up the gums." It did. And also it helped to soften up the delicate tissues of the brain.

When the mother recovered the babe was given to her. But he missed his opium; he yelled and went into spasms; every tiny nerve cell was crying out for its poison. But there was a "cure" for his agony. A "soothing syrup" was given to him, and he "sweetly" slept, only to be poisoned again when the effect had worn off, and he cried for more.

So we buried this young man—a man poisoned by drugs when a babe and ostracized as a drunkard when a man, because his nerve cells never grew to manhood's necessities.

How many mothers and good mothers, too, are innocently and ignorantly allowing their sons and daughters to start on a drunkard's career, commencing at the cradle in the same way! These mothers forget one thing; that every healthy baby should cry and kick. That is its way of filling the lungs and developing the muscles. To "soothe" it with anything but pure food, fresh air and loving arms is to send it out into the world an undeveloped, helpless being.

To give a baby any of the so-called "soothing syrups" is worse than murder—a living death. For mark you this well: the principal ingredient in the average "soothing syrup" is some form, some derivative, of opium, laudanum or morphine. There may be one or two exceptions, but don't even allow these in the house. If it is called a "tincture" remember that the average tincture contains alcohol.

No drug known is so poisonous, none so quickly works irreparable damage to the infant, as opium and all its derivatives. It devours the nerve cell substance; it weakens the tissues of the brain; it eats out a man's capacity to think or act except when he is under its influence; it is the drug that throws on to the world the poor, helpless beings who fill our reform schools, insane asylums and drunkards' graves.

The sad part of this drugging of infants is that it occurs for the greatest part among those who need all the advantages of pure food, fresh air and hygienic attention. The ignorant mothers believe the delusive advertisements, have implicit faith in the unscrupulous druggist, and the baby is opiumed from the day of its birth.

It is useless to look for the cause of moral and mental defects in the public school children when the real cause is overlooked.

Nor is this cruel murder of children confined

to one class. Who is most to blame—the woman of wealth who simply gives her child over to a hired nurse and does not take the trouble to give her baby the soothing caresses that soon lull it to sleep, or the worn-out mother of the tenement, who, seeing her child fretting, ignorantly gives it a "soothing syrup"—or, in other words, opium?

I know a man whose mother believed in "soothing syrups." She would not believe that they were "doped." So, whenever the child cried, it was given a spoonful of the "syrup." Of course it made him sleep. When his "soothing syrup" days had passed by she discovered that he was nervous and fretful. He was given a "tonic" to "tone" him up. Of course, it "toned" him up. But soon the system refused to respond to the "tonic." It was not strong enough, and yet the moment he stopped the "tonic" he became listless and incapable of work. Finally, he had to resort to the next more powerful drug—morphine. He became a morphine fiend. He had reached a desirable professorship—one of the most successful professors in the college. But soon it was noticed that the brilliancy of his eye was unnatural, and to make a long story short, the truth came out. He lost his professorship, he got morose, his mother died from a broken heart, and the man is to-day in an insane asylum. There

you have a direct line from "soothing syrups" of the cradle to the morphine of the man, and to the asylum.

I have said that babies get alcohol through nurses' milk. I have directly traced cases of habitual drunkenness to this cause.

Quite frequently you will find a nurse who is feeding a child, who takes a glass of beer or ale with her meals and at night. She tells you that the doctor told her she needed some such tonic to keep up her strength. Now, it is not probable that a glass of beer at meal times will have any appreciable effect on the milk. Nevertheless, it is tampering with a dangerous possibility.

The human system can, physiologically, burn up a certain amount of alcohol during twenty-four hours. But just what that quantity is for certain individuals is uncertain. One nurse may be able to consume several bottles of beer during the twenty-four hours and use up in her system every drop of alcohol so that none is left in the secretions. But—and here is the important point—she may at any time exceed this amount. She may take more alcohol than the tissues can burn and the residue will be found in the secretions. In the nursing woman the milk secretions are the most active; hence, here the excess alcohol will be found, and your little baby gets its first poisonous drink. And if your baby is

getting any of the by-products of beer or whiskey it will soon become fretful and irritable. It is then only a short step to the bottle of "soothing syrup."

Thousands of babies are started on drunkards' careers in this way. And there is but one way to avoid it. Never "soothe" a child except by nature's own ways. The moment a "syrup," a "liniment," a "cure" of any sort is advertised as putting a baby to sleep, or soothing it, look out for it. That is the article of all others you do not want in your home to give to your child; no, not to any one. From such concoctions, with their morphine, opium or laudanum, do we make drunkards of our children.

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